



Onion, walnut & mushroom tarte tatin

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 4 onion
- ☐ 3 tbsp olive oil
- ☐ 200 g pack chestnut mushroom halved
- ☐ 2 tsp g muscovado sugar light
- ☐ 50 g walnuts
- ☐ 100 g cheese blue such as stilton, or vegetarian cheese
- ☐ 250 g puff pastry frozen

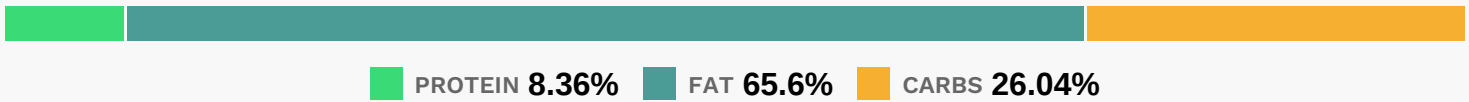
Equipment

- ☐ frying pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Peel the onions and cut each into 6 wedges through the root.
- ☐ Heat the oil in a large pan, add onions, then gently fry for 20 mins until softened and lightly coloured.
- ☐ Add the mushrooms, sugar, salt and pepper and give it a good stir. Gently cook, stirring now and then for a further 5 mins. Stir in the walnuts. Line the base of a 20–23cm sandwich cake tin (not loose-based) with baking parchment. Spoon over the onion mixture and press it down lightly. Crumble the cheese over.
- ☐ Roll out the pastry and trim to a round, about 5cm larger than the tin.
- ☐ Put the pastry over the filling and tuck in the ends.
- ☐ Bake for 35–40 mins until the pastry is crisp and golden. Cool for 5 mins in the tin, then turn out onto a flat plate and cut into wedges.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:17.86, Inflammation Score:–7, Nutrition Score:18.812174045521%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 668.28kcal (33.41%), Fat: 49.8g (76.61%), Saturated Fat: 12.97g (81.06%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 40.53g (14.74%), Sugar: 7.99g (8.88%), Cholesterol: 18.75mg (6.25%), Sodium: 451.43mg (19.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.55%), Manganese: 0.95mg (47.4%), Selenium: 32.93µg (47.05%), Vitamin B2: 0.57mg (33.28%), Copper: 0.57mg (28.68%), Phosphorus: 269.46mg (26.95%), Vitamin B1: 0.4mg (26.45%), Folate: 103.42µg (25.85%), Vitamin B3: 5.03mg (25.15%), Calcium: 186.23mg (18.62%), Vitamin K: 17.76µg (16.92%), Fiber: 3.94g (15.78%), Potassium: 544.08mg (15.55%), Vitamin B6: 0.31mg (15.47%), Zinc: 2.12mg (14.13%), Iron: 2.54mg (14.12%), Vitamin B5: 1.39mg (13.91%), Vitamin E: 2.03mg (13.51%), Magnesium: 51.14mg (12.79%), Vitamin C: 8.3mg (10.06%), Vitamin B12: 0.35µg (5.92%), Vitamin A: 196.07IU (3.92%), Vitamin D: 0.17µg (1.17%)