



Parmesan Tuiles with Heirloom Tomato Salad

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chives snipped
- ☐ 1 tablespoon flour all-purpose plus more for pressing
- ☐ 1.5 cups heirloom tomatoes diced finely
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 6 tablespoons parmigiano-reggiano cheese freshly grated
- ☐ 45 servings pepper freshly ground
- ☐ 45 servings salt
- ☐ 1 teaspoon tarragon coarsely chopped

☐ 1.5 tablespoons butter unsalted softened

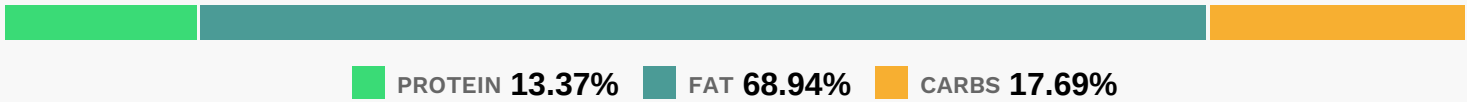
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 400 and line a large baking sheet with parchment paper. In a medium bowl, combine the Parmigiano-Reggiano cheese with the butter, flour and a generous pinch of pepper and mash the ingredients until a dough forms. Form the dough into a 4-inch log.
- ☐ Cut the log into 12 equal slices and arrange the slices on the baking sheet. Using your fingers, press the slices into 1 1/2-inch rounds.
- ☐ Bake the tuiles on the lowest rack in the oven for about 7 minutes, rotating the pan halfway through baking, until the tuiles are golden brown and sizzling.
- ☐ Let the tuiles cool completely, then transfer them to a paper towellined plate and blot the excess fat.
- ☐ In a small bowl, toss the tomatoes with the chives, tarragon and olive oil and season with salt and pepper. Spoon the salad over the tuiles and serve right away.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.44304348010084%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 9.43kcal (0.47%), Fat: 0.75g (1.15%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.14g (0.15%), Cholesterol: 1.46mg (0.49%), Sodium: 204.83mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin A: 63.56IU (1.27%), Manganese: 0.02mg (1.2%)