



Pea & spring onion tart

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 g butter
- ☐ 200 g crème fraîche
- ☐ 3 large eggs
- ☐ 150 ml milk
- ☐ 12 servings grating of nutmeg good
- ☐ 200 g peas frozen
- ☐ 1 bunch spring onion sliced

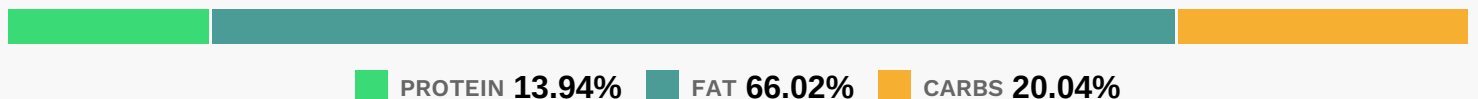
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200C/180C fan/gas 6.To make the pastry, tip the flour andbutter into a food processor, and pulseuntil the mixture resembles finebreadcrumbs.
- ☐ Add the cheese andpulse to combine.
- ☐ Add 2-3 tbsp coldwater and mix to a firm dough.Tip the dough out onto a lightly flouredsurface and knead briefly.
- ☐ Roll out andline a 30 x 20cm rectangular tin (or a26cm round flan tin) – no need to trimthe pastry edges. Chill for 15 mins, thenline with baking parchment, fill withbaking beans and blind-bake for 10 mins.
- ☐ Remove the parchment and beans, andbake for a further 10 mins until biscuitybrown. Trim off excess pastry using asmall sharp knife.Reduce oven to 180C/160C fan/gas 4.Melt the butter in a frying pan, add thespring onions and gently fry for a coupleof mins until softened.
- ☐ Add the peas,season and cook gently, stirringoccasionally, for a further 5 mins.Tip into the food processor with themilk and work to a purée.Beat the eggs in a large bowl, thenbeat in the crème fraîche, nutmeg,half the cheese, the pea purée andseasoning.
- ☐ Pour into the pastry caseand sprinkle with the remaining cheese.
- ☐ Bake for 25-35 mins until the filling isfirm and lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:4.6826087029084%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 98.19kcal (4.91%), Fat: 7.32g (11.26%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.8g (3.11%), Cholesterol: 62.36mg (20.79%), Sodium: 42.68mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 7.25mg (8.79%), Vitamin K: 8.75µg (8.33%), Vitamin A: 393.76IU (7.88%), Vitamin B2: 0.13mg (7.55%), Phosphorus: 73.94mg (7.39%), Selenium: 5.06µg (7.23%), Manganese: 0.14mg (6.77%), Fiber: 1.42g (5.67%), Folate: 20.57µg (5.14%), Calcium: 49.48mg (4.95%), Vitamin B1: 0.07mg (4.53%), Vitamin B12: 0.22µg (3.66%), Magnesium: 14.32mg (3.58%), Zinc: 0.53mg (3.52%), Vitamin B6: 0.07mg (3.43%), Copper: 0.06mg (3.18%), Vitamin B5: 0.32mg (3.17%), Potassium: 111.11mg (3.17%), Iron: 0.57mg (3.15%), Vitamin D: 0.39µg (2.61%), Vitamin B3: 0.42mg (2.12%), Vitamin E: 0.28mg (1.88%)