



Pistachio Tart

 Vegetarian

READY IN

ready

86 min.

SERVINGS

servings

6

CALORIES

calories

488 kcal

Ingredients

- ☐ 2 tablespoons butter or as needed melted
- ☐ 8 ounces herbed goat cheese
- ☐ 1 pint grape tomatoes halved
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 1 box phyllo dough frozen thawed (filo)
- ☐ 1 cup pistachios chopped

Equipment

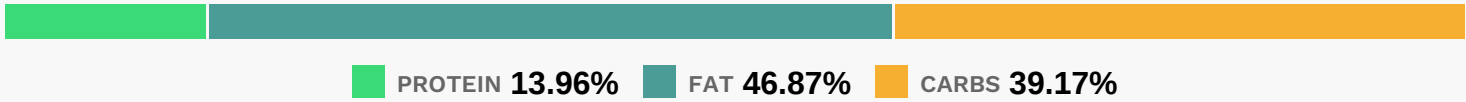
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ kitchen towels
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Unwrap the phyllo and remove 5 sheets from the stack. Reserve the remaining dough for another use.
- ☐ Put a round baking pan on top of the phyllo sheets and trim the sides.
- ☐ Lay the phyllo circles flat between 2 damp kitchen towels. Set the pan aside.
- ☐ Lay down 1 piece of phyllo dough on your work surface.
- ☐ Brush with butter and sprinkle with ground pistachios. Put a second phyllo sheet on top of the first and brush with butter and sprinkle with pistachios. Repeat 3 times, making 5 layers and the top being only phyllo.
- ☐ Put the stacked dough into the baking pan. Alternately, cut into squares 2 inches larger than muffin cup size; lightly butter the muffin tin and gently press prepared phyllo squares into each muffin cup to form small bowl shapes.
- ☐ Bake for about 14 to 16 minutes, until golden brown and crisp.
- ☐ Remove the pan from the oven and allow the tart to cool completely before topping.
- ☐ Crumble goat cheese over the crust. Top with tomatoes and season with salt and pepper, to taste. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:15.99, Inflammation Score:-8, Nutrition Score:18.03782609753%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg,

Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg
Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg,
Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin:
0.54mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg,
Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg,
Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 488.4kcal (24.42%), Fat: 25.75g (39.61%), Saturated Fat: 10.18g (63.62%), Carbohydrates: 48.42g (16.14%),
Net Carbohydrates: 43.93g (15.97%), Sugar: 4.12g (4.58%), Cholesterol: 27.42mg (9.14%), Sodium: 731.71mg (31.81%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin B1: 0.64mg (42.85%), Manganese:
0.73mg (36.68%), Copper: 0.67mg (33.31%), Selenium: 20.13µg (28.76%), Phosphorus: 273.89mg (27.39%), Vitamin
B2: 0.45mg (26.5%), Vitamin B6: 0.53mg (26.44%), Vitamin A: 1249.09IU (24.98%), Folate: 93.4µg (23.35%), Iron:
4.16mg (23.12%), Vitamin B3: 3.97mg (19.87%), Fiber: 4.49g (17.97%), Vitamin C: 11.95mg (14.49%), Potassium:
463.89mg (13.25%), Magnesium: 50.95mg (12.74%), Calcium: 91.88mg (9.19%), Zinc: 1.31mg (8.72%), Vitamin K:
9.12µg (8.69%), Vitamin E: 1.13mg (7.56%), Vitamin B5: 0.67mg (6.67%), Vitamin B12: 0.08µg (1.33%), Vitamin D:
0.15µg (1.01%)