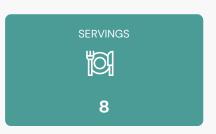


Plum Tomato Tart

Vegetarian







Ingredients

O.3 teaspoon pepper black
1 cup flour all-purpose
2 tablespoons basil fresh chopped for garnish
1 pint grape tomatoes red yellow thinly sliced
2 Tbsp water
O.5 teaspoon kosher salt
1 tablespoon olive oil
1 small onion finely chopped
3 cups plum tomatoes peeled seeded chopped

	3 tablespoons mozzarella cheese shredded	
	0.3 teaspoon salt	
	1 tablespoon tomato paste	
	4 tablespoons butter unsalted cold cut into small pieces	
Equipment		
	bowl	
	frying pan	
	baking paper	
	oven	
	whisk	
	blender	
	wax paper	
	rolling pin	
	tart form	
Directions		
	Whisk together flour and salt in a bowl. With a pastry blender or 2 knives, cut in butter and mozzarella until size of peas.	
	Sprinkle 1 Tbsp. ice water on top, stirring with a fork to moisten evenly.	
	Add water just until dough comes together when pressed. Pat dough together to form a ball and knead lightly. Flatten ball into a disk, wrap in wax paper and refrigerate for at least 30 minutes or up to 2 days.	
	On a floured surface, using a floured rolling pin, roll out dough into an 11-inch round. Ease into a 9-inch fluted tart pan with a removable bottom. Fold in overhang and press dough against side of pan so it extends 1/8 inch above rim. Line with parchment paper and refrigerate until firm, at least 15 minutes.	
	Preheat oven to 425F. Fill shell with pie weights and bake for 15 minutes.	
	Remove parchment paper and weights and bake for 5 minutes longer.	
	Let pan cool on a rack.	

Nutrition Facts		
	Remove side of pan, garnish with basil and serve.	
	Bake for 30 minutes.	
	Spread tomato mixture on crust and top with sliced tomatoes.	
	Transfer to a bowl and let cool to room temperature, about 25 minutes.	
	Add plum tomatoes, tomato paste, salt and pepper; cook, stirring, until thick, 15 to 20 minutes. Stir in basil.	
	Add onion and cook until soft, about 5 minutes.	
	Make filling: In a large nonstick skillet, heat oil over medium heat.	

PROTEIN 10.02% FAT 46.71% CARBS 43.27%

Properties

Glycemic Index:44, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:9.4434782784918%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Myricetin: 0.

Nutrients (% of daily need)

Calories: 171.2kcal (8.56%), Fat: 9.14g (14.06%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 16.6g (6.04%), Sugar: 4.61g (5.12%), Cholesterol: 19.43mg (6.48%), Sodium: 277.66mg (12.07%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.41g (8.82%), Vitamin A: 1501.54IU (30.03%), Vitamin C: 21.43mg (25.98%), Manganese: 0.31mg (15.43%), Vitamin K: 15.84µg (15.09%), Folate: 53.63µg (13.41%), Vitamin B1: 0.18mg (12.32%), Potassium: 408.48mg (11.67%), Fiber: 2.45g (9.8%), Vitamin B3: 1.89mg (9.43%), Selenium: 6.46µg (9.23%), Vitamin E: 1.33mg (8.83%), Phosphorus: 78.25mg (7.82%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.14mg (7.16%), Iron: 1.26mg (7.01%), Copper: 0.13mg (6.29%), Magnesium: 23.14mg (5.78%), Calcium: 50.97mg (5.1%), Zinc: 0.56mg (3.75%), Vitamin B12: 0.14µg (2.31%), Vitamin B5: 0.23mg (2.31%)