



## Plum Tomato Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

### Ingredients

- 0.3 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
- 0.5 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.

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

## Nutrition Facts



■ **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: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## 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: 0g (100%), Alcohol %: 0% (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%)