



Potato and Caramelized Onion Tart

READY IN



75 min.

SERVINGS



4

CALORIES



468 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 ounces cream cheese softened
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 2 large onions thinly sliced
- ☐ 0.5 box pie crust mix instant
- ☐ 1 baking potatoes sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon spicy brown mustard

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ box grater

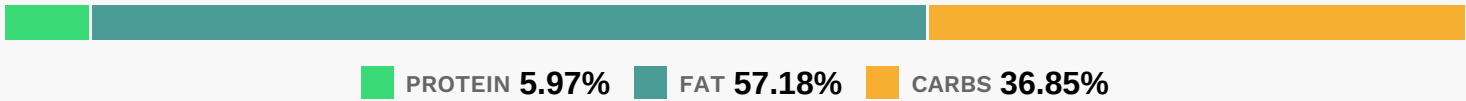
Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Prepare the pie crust according to package instructions. Flatten into a disk and chill in the refrigerator while preparing the filling.
- ☐ In a large saute pan over medium heat, heat the canola oil.
- ☐ Add the onions and season with salt and pepper. Cook, stirring occasionally, until the onions are dark golden brown, 10 to 15 minutes.
- ☐ Remove from the heat.
- ☐ In the meantime, using the slicing blade attachment of a food processor, or with a box grater, slice half the potato into 1/8-inch-thick slices.
- ☐ Place in cold water to avoid browning. (Reserve the remaining half of potato for another use, such as Round 2 Recipe Open Faced Roast Pork and Onion Sandwich.)
- ☐ In a small bowl, stir together the cream cheese, Italian seasoning, mustard and season with salt and pepper.
- ☐ Remove the pie crust from the fridge and roll into a 12-inch round about 1/4-inch thick.
- ☐ Place on a parchment-lined baking sheet.
- ☐ Spread the cream cheese mixture in an even layer over the pie crust, making sure to leave a 1-inch border around the edge.
- ☐ Dry the potatoes thoroughly and place an even layer on top of the cream cheese, overlapping slightly to fit and keeping 1/2-inch from the edge of the cream cheese. Over the top of the potatoes place an even layer of caramelized onions. (Reserve 1/2 cup of the onions for another use, such as Round 2 Recipe Open Faced Roast Pork and Onion Sandwich.) Fold over

the edges of the crust to create a 1-inch-wide border around the tart filling.

- ☐
- Bake until the crust is golden and the potatoes are cooked through, 30 to 35 minutes. Allow to cool for 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:9.58, Inflammation Score:-6, Nutrition Score:10.640434845634%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 467.52kcal (23.38%), Fat: 30.09g (46.29%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 39.69g (14.43%), Sugar: 4.68g (5.2%), Cholesterol: 28.63mg (9.54%), Sodium: 340.76mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Manganese: 0.5mg (24.76%), Vitamin K: 18.49µg (17.61%), Vitamin B6: 0.33mg (16.53%), Fiber: 3.94g (15.74%), Folate: 62.5µg (15.62%), Vitamin B1: 0.23mg (15.44%), Iron: 2.48mg (13.76%), Vitamin E: 1.96mg (13.08%), Potassium: 440.18mg (12.58%), Phosphorus: 123.43mg (12.34%), Vitamin B2: 0.2mg (11.6%), Vitamin B3: 2.09mg (10.47%), Vitamin C: 8.63mg (10.46%), Selenium: 7.21µg (10.3%), Magnesium: 35.15mg (8.79%), Calcium: 83.94mg (8.39%), Vitamin A: 407.74IU (8.15%), Copper: 0.14mg (6.94%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.06µg (1.04%)