



Provençale Tomato Tart

READY IN



39 min.

SERVINGS



6

CALORIES



250 kcal

Ingredients

- 6 oz take classic four cheese recipe cheese breadcrumb mix mixed fresh
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 lb plum tomatoes seeded sliced
- 1 ready-to-use pie crust refrigerated

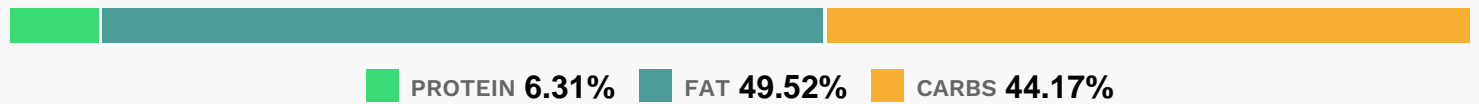
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Unroll pie crust onto baking sheet.
- Combine 3/4 cup cheese mixture and mayo; spread onto pie crust to within 1-1/2 inches of edge.
- Arrange tomatoes in circular pattern over mayo mixture; top with remaining cheese mixture. Fold edge of crust over tomatoes, leaving center uncovered.
- Bake 20 to 24 min. or until cheese is melted and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:5.6352173971093%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg 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: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 250.39kcal (12.52%), Fat: 13.9g (21.39%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 25.75g (9.36%), Sugar: 2.43g (2.7%), Cholesterol: 10.21mg (3.4%), Sodium: 330.31mg (14.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin K: 14.72µg (14.02%), Vitamin C: 10.64mg (12.9%), Vitamin A: 640.72IU (12.81%), Manganese: 0.21mg (10.61%), Iron: 1.81mg (10.05%), Fiber: 2.15g (8.62%), Folate: 31.67µg (7.92%), Potassium: 270.33mg (7.72%), Vitamin B1: 0.11mg (7.13%), Vitamin B3: 1.22mg (6.08%), Vitamin E: 0.81mg (5.41%), Phosphorus: 40.41mg (4.04%), Vitamin B6: 0.07mg (3.74%), Vitamin B2: 0.06mg (3.68%), Copper: 0.07mg (3.41%), Magnesium: 12.81mg (3.2%), Selenium: 1.94µg (2.77%), Vitamin B5: 0.19mg (1.89%), Calcium: 18.51mg (1.85%), Zinc: 0.26mg (1.76%)