

Provençal Tartlets

READY IN



180 min.

SERVINGS



4

CALORIES



941 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olives black such as gaeta or kalamata coarsely chopped
- ☐ 8 ounces cream cheese cold
- ☐ 1 large eggs
- ☐ 2 small thai eggplant cut into half-moons (10 oz. total)
- ☐ 1 cup flour
- ☐ 0.8 cup fontina shredded divided finely
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 4 sage leaves fresh
- ☐ 1 teaspoon thyme leaves fresh finely chopped

- ☐ 0.5 tablespoon garlic finely chopped
- ☐ 0.8 tsp kosher salt
- ☐ 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 1 teaspoon oregano leaves fresh finely chopped
- ☐ 0.3 cup parmesan cheese shredded divided finely
- ☐ 0.8 teaspoon pepper
- ☐ 4 servings crust
- ☐ 0.5 large bell pepper red stemmed seeded cut into 3/4-in. dice
- ☐ 0.8 pound roma tomatoes halved lengthwise
- ☐ 0.3 teaspoon salt
- ☐ 4 servings several thyme and oregano sprigs
- ☐ 4 tablespoons butter unsalted cold cut into small cubes
- ☐ 0.5 large onion yellow cut into 3/4-in. dice
- ☐ 1 medium zucchini green cut into 3/4-in. dice or half-moons

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Whirl 1 cup flour, the masa harina, and salt in a food processor to blend.
- ☐ Add butter and pulse until crumbly.

- ☐ Add cream cheese in small pieces and whirl until dough comes together. Shape dough into a 3-in.-thick log.
- ☐ Cut in half crosswise to make 2 disks, wrap each in plastic wrap, and chill at least 1 hour and up to 3 days.
- ☐ Preheat oven to 40
- ☐ Toss vegetables in a large bowl with chopped thyme and oregano, garlic, 3/4 tsp. salt, the pepper, and 1/4 cup oil.
- ☐ Spread vegetables in a single layer on a rimmed baking pan.
- ☐ Line another rimmed baking pan with parchment and place tomatoes, cut side down, on sheet.
- ☐ Brush with remaining 1 tbsp. oil, sprinkle with salt, and scatter with sage and thyme sprigs.
- ☐ Roast vegetables and tomatoes until vegetables are light golden and very tender and tomato skins are browned and very tender, 30 to 40 minutes. Halfway through cooking, rotate trays and turn vegetables (except tomatoes) with a spatula.
- ☐ Meanwhile, halve each dough disk horizontally. On a lightly floured board, roll each into a 7-in. round.
- ☐ Lay rounds on 2 baking pans lined with parchment; chill until ready to bake.
- ☐ Whisk together egg and 2 tbsp. water in a small bowl.
- ☐ Roughly chop tomatoes when cool enough to handle. In a large bowl, gently toss chopped tomatoes with roasted vegetables, olives, basil, 1/2 cup fontina, and 3 tbsp. parmesan. Reduce oven temperature to 37
- ☐ Roll edge of each dough round over on itself to form a thick rim. Mound about 3/4 cup vegetable mixture in center of each; spread even.
- ☐ Sprinkle with remaining fontina and parmesan.
- ☐ Brush exposed crusts with egg wash.
- ☐ Bake tartlets until golden, about 35 minutes, switching pans halfway through.
- ☐ Serve warm, scattered with oregano sprigs.
- ☐ *Find masa harina in well-stocked grocery stores and Mexican markets.

Nutrition Facts



 PROTEIN **9.69%**  FAT **62.75%**  CARBS **27.56%**

Properties

Glycemic Index:131.25, Glycemic Load:22.13, Inflammation Score:-10, Nutrition Score:34.24826082976%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 940.79kcal (47.04%), Fat: 67.17g (103.34%), Saturated Fat: 29.41g (183.79%), Carbohydrates: 66.38g (22.13%), Net Carbohydrates: 54.57g (19.84%), Sugar: 15.99g (17.77%), Cholesterol: 166.83mg (55.61%), Sodium: 1311.6mg (57.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Vitamin C: 56.17mg (68.09%), Vitamin A: 3190.99IU (63.82%), Manganese: 1.26mg (62.99%), Folate: 191.73µg (47.93%), Fiber: 11.81g (47.25%), Vitamin K: 45.22µg (43.06%), Vitamin B2: 0.69mg (40.85%), Vitamin B1: 0.6mg (40.29%), Selenium: 27.82µg (39.74%), Phosphorus: 392.77mg (39.28%), Vitamin E: 5.63mg (37.51%), Calcium: 362.86mg (36.29%), Potassium: 1148.67mg (32.82%), Vitamin B6: 0.59mg (29.5%), Vitamin B3: 5.78mg (28.91%), Copper: 0.54mg (26.83%), Iron: 4.7mg (26.14%), Magnesium: 91.29mg (22.82%), Zinc: 2.77mg (18.45%), Vitamin B5: 1.84mg (18.37%), Vitamin B12: 0.75µg (12.51%), Vitamin D: 0.64µg (4.26%)