

Red Onion and Goat Cheese Tart

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

Ingredients

- 3 egg yolk
- 4.5 ounces goat cheese
- 1 pinch pepper black
- 0.6 cup cup heavy whipping cream
- 2 tablespoons olive oil
- 5 onion red with roots intact quartered
- 8 servings salt to taste
- 19-inch pie crust dough ()

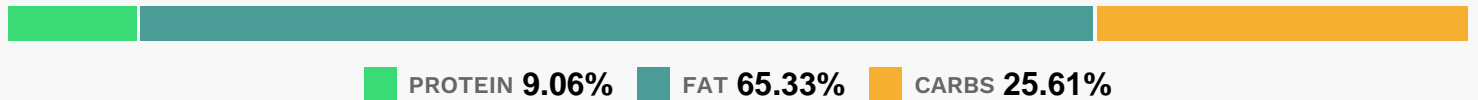
Equipment

- oven
- aluminum foil
- tart form

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Line a 9 inch fluted, loose-bottom flat tart pan with pastry. Chill for 15 minutes. Cover with foil, and fill with pie weights.
- Bake for 10 minutes.
- Remove foil and weights, and bake for a further 5 minutes.
- Put onions in a roasting tin, and drizzle over the oil. Season with salt and pepper. Roast for 15 minutes. Set aside to cool. Reduce oven temperature to 375 degrees F (190 degrees C).
- Beat together egg yolks and cream, and season with salt and pepper. Arrange the red onions over the base of the baked pastry.
- Pour cream mixture over onions. Slice the goat cheese thinly, and dot over the top of the tart.
- Bake for 30 minutes, or until custard has just set.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:1.42, Inflammation Score:-6, Nutrition Score:6.8921739225802%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg, Quercetin: 13.96mg

Nutrients (% of daily need)

Calories: 299.77kcal (14.99%), Fat: 21.95g (33.77%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.56g (6.38%), Sugar: 3.64g (4.04%), Cholesterol: 101.25mg (33.75%), Sodium: 365.81mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Phosphorus: 115.89mg (11.59%), Vitamin

B2: 0.19mg (11.31%), Manganese: 0.22mg (11.06%), Folate: 43.08µg (10.77%), Vitamin A: 537.09IU (10.74%), Selenium: 6.55µg (9.36%), Copper: 0.17mg (8.49%), Vitamin B1: 0.13mg (8.48%), Vitamin B6: 0.17mg (8.25%), Iron: 1.32mg (7.35%), Fiber: 1.8g (7.19%), Vitamin E: 1.01mg (6.71%), Calcium: 64.08mg (6.41%), Vitamin C: 5.2mg (6.3%), Vitamin B5: 0.54mg (5.44%), Vitamin K: 5.16µg (4.91%), Vitamin D: 0.73µg (4.84%), Potassium: 154.03mg (4.4%), Vitamin B3: 0.84mg (4.18%), Zinc: 0.58mg (3.84%), Magnesium: 14.84mg (3.71%), Vitamin B12: 0.19µg (3.19%)