



Red pepper, ham & cheese tart

READY IN



35 min.

SERVINGS



4

CALORIES



498 kcal

Ingredients

- ☐ 215 g sheets ready-rolled puff pastry
- ☐ 3 tbsp sun-dried tomato paste
- ☐ 4 slices ham
- ☐ 125 g mozzarella cheese drained
- ☐ 50 g roasted pepper from a jar red cut into strips
- ☐ 25 g olive black pitted halved
- ☐ 1 large pinch oregano dried
- ☐ 1 handful rocket leaves

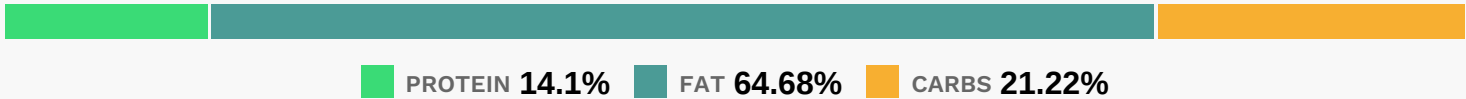
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Unroll the pastry onto a baking sheet and score a border 1cm from the edge. Prick inside the border with a fork and spread with the sundried tomato paste.
- ☐ Bake for 12–15 mins.
- ☐ Squash down the puffed-up pastry inside the scored rim, then top with the ham, cheese, peppers and olives.
- ☐ Sprinkle with oregano and bake for 10–12 mins more until the base is nice and crisp. Scatter with rocket leaves and serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:13.34, Inflammation Score:-6, Nutrition Score:12.395217408305%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 498.26kcal (24.91%), Fat: 35.03g (53.89%), Saturated Fat: 11.1g (69.4%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 24.6g (8.95%), Sugar: 0.86g (0.95%), Cholesterol: 42.05mg (14.02%), Sodium: 1144.18mg (49.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.37%), Selenium: 24.79µg (35.41%), Vitamin B1: 0.4mg (26.55%), Phosphorus: 208.18mg (20.82%), Vitamin B2: 0.31mg (18.3%), Calcium: 181.92mg (18.19%), Vitamin B3: 3.62mg (18.11%), Vitamin A: 791.68IU (15.83%), Manganese: 0.31mg (15.64%), Vitamin B12: 0.89µg (14.86%), Iron: 2.64mg (14.66%), Vitamin K: 15.07µg (14.35%), Folate: 52.05µg (13.01%), Zinc: 1.9mg (12.64%), Vitamin C: 6.56mg (7.96%), Vitamin B6: 0.16mg (7.87%), Magnesium: 24.65mg (6.16%), Copper: 0.12mg (5.78%), Potassium: 176.26mg (5.04%), Fiber: 1.25g (5.01%), Vitamin E: 0.71mg (4.76%), Vitamin D: 0.32µg (2.14%), Vitamin B5: 0.2mg (2%)