



Ricotta, Ham and Scallion Tart

READY IN



40 min.

SERVINGS



6

CALORIES



353 kcal

Ingredients

- ☐ 5 ounces deli- ham cut into 1/2-inch pieces
- ☐ 1 large eggs
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.3 cup heavy cream
- ☐ 6 servings pepper freshly ground
- ☐ 13.8 ounce pizza crust dough refrigerated
- ☐ 0.5 cup ricotta cheese
- ☐ 2 bunches scallions
- ☐ 3 tablespoons butter unsalted

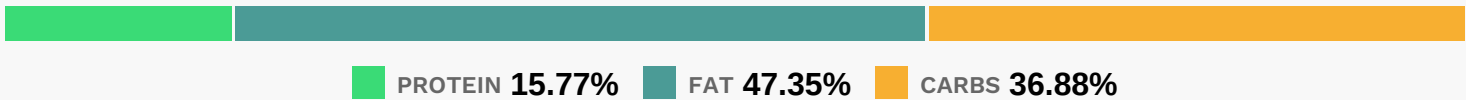
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Place a baking sheet on the top rack of the oven; preheat to 425 degrees. Grease a 9-inch fluted tart pan with 1 tablespoon butter. Line the pan with the pizza dough, carefully pressing it against the sides; trim excess dough.
- ☐ Whisk the ricotta, cream and egg in a medium bowl. Mince enough green scallion tops to make 2 tablespoons; add to the ricotta mixture along with the parsley and dill. Season with pepper. Slice the remaining scallions into 1/2- to 1/4-inch pieces.
- ☐ Heat the remaining 2 tablespoons butter in a large skillet over high heat.
- ☐ Add the sliced scallions and 2 tablespoons water; cook until the scallions are tender and start to sizzle, about 3 minutes.
- ☐ Remove from the heat and add the ham.
- ☐ Spread all but a few tablespoons of the scallion mixture on the prepared crust.
- ☐ Pour in the ricotta mixture, then scatter the remaining scallion mixture on top.
- ☐ Bake the tart on the preheated baking sheet for 20 minutes, or until the crust is golden and the filling is set. Rest in the pan for 5 minutes, then remove and slice.
- ☐ Photography by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:8.2804346862047%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 353.18kcal (17.66%), Fat: 18.75g (28.85%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 31.58g (11.48%), Sugar: 4.63g (5.14%), Cholesterol: 82.44mg (27.48%), Sodium: 786.99mg (34.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.11%), Vitamin K: 50.58µg (48.17%), Selenium: 11.34µg (16.2%), Vitamin A: 716.75IU (14.33%), Iron: 2.46mg (13.68%), Phosphorus: 111.51mg (11.15%), Vitamin B1: 0.16mg (10.44%), Vitamin B2: 0.16mg (9.44%), Calcium: 66.57mg (6.66%), Zinc: 0.98mg (6.54%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.16mg (5.81%), Vitamin B12: 0.32µg (5.39%), Vitamin C: 4.34mg (5.26%), Fiber: 1.28g (5.12%), Vitamin D: 0.64µg (4.25%), Potassium: 147.34mg (4.21%), Folate: 16.09µg (4.02%), Vitamin E: 0.51mg (3.39%), Vitamin B5: 0.33mg (3.29%), Magnesium: 11.44mg (2.86%), Copper: 0.04mg (2.17%), Manganese: 0.04mg (1.88%)