



Ricotta Tart

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



91 kcal

Ingredients

- 2 eggs
- 12 servings puff pastry for a single-crust pie (9 inches)
- 0.5 teaspoon pepper
- 1 cup ricotta cheese
- 2 tablespoons salsa
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded

Equipment

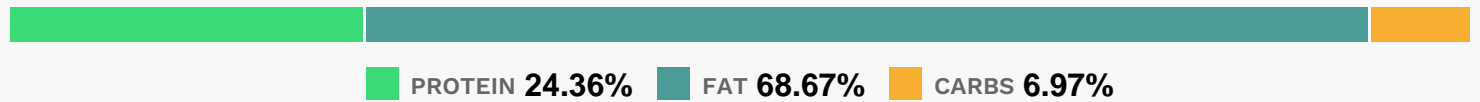
- bowl

- baking sheet
- oven
- aluminum foil

Directions

- In a large bowl, beat eggs.
- Add the cheeses, salsa, salt and pepper; mix well.
- Roll out pastry into a 12-in. circle on a foil-lined baking sheet.
- Spread with cheese mixture to within 1 in. of edge. Fold edge of pastry over outer edge of filling.
- Bake at 400° for 22–26 minutes or until golden brown.
- Let stand for 5 minutes before cutting into wedges. Refrigerate any leftovers.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:3.0760869317405%

Nutrients (% of daily need)

Calories: 91.49kcal (4.57%), Fat: 6.98g (10.74%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.22g (0.25%), Cholesterol: 47.27mg (15.76%), Sodium: 206.47mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Selenium: 8.19µg (11.7%), Calcium: 114.97mg (11.5%), Phosphorus: 92.04mg (9.2%), Vitamin B2: 0.12mg (7.02%), Vitamin A: 239.52IU (4.79%), Zinc: 0.69mg (4.62%), Vitamin B12: 0.24µg (3.93%), Folate: 8.81µg (2.2%), Vitamin B5: 0.2mg (2.02%), Vitamin B6: 0.03mg (1.65%), Vitamin D: 0.24µg (1.63%), Magnesium: 6.41mg (1.6%), Iron: 0.27mg (1.49%), Vitamin E: 0.21mg (1.4%), Potassium: 47.71mg (1.36%), Manganese: 0.02mg (1.15%)