

Ripe Tomato Tart

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

Ingredients

- ☐ 0.8 cup basil fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 9-inch pie crust dough
- ☐ 4 roma tomatoes cut into wedges
- ☐ 1.5 cup mozzarella cheese shredded divided
- ☐ 0.1 teaspoon pepper white

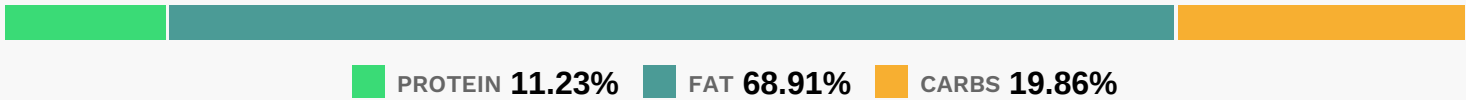
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Line an ungreased 9" tart pan with pie crust; press crust into fluted sides of pan and trim edges.
- ☐ Bake at 450 degrees for 5 to 7 minutes; remove from oven.
- ☐ Sprinkle with 1/2 cup mozzarella cheese; let cool on a wire rack.
- ☐ Combine remaining ingredients; mix well and fill crust.
- ☐ Reduce heat to 375 degrees; bake for about 20 minutes, or until bubbly on top.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:10.568260918493%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 409.58kcal (20.48%), Fat: 31.36g (48.24%), Saturated Fat: 9.89g (61.83%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 18.91g (6.88%), Sugar: 1.52g (1.69%), Cholesterol: 37.21mg (12.4%), Sodium: 578.79mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (22.99%), Vitamin K: 49.4µg (47.04%), Calcium: 236.07mg (23.61%), Phosphorus: 194.61mg (19.46%), Vitamin A: 776.57IU (15.53%), Selenium: 10.3µg (14.71%), Manganese: 0.28mg (14.05%), Vitamin B12: 0.77µg (12.89%), Vitamin B2: 0.18mg (10.62%), Zinc: 1.47mg (9.83%), Folate: 35.03µg (8.76%), Vitamin B1: 0.12mg (8.3%), Vitamin C: 6.84mg (8.29%), Vitamin E: 1.11mg (7.4%), Iron: 1.31mg (7.3%), Vitamin B3: 1.22mg (6.11%), Fiber: 1.43g (5.72%), Potassium: 187.54mg (5.36%), Magnesium: 20.71mg (5.18%), Vitamin B6: 0.1mg (4.89%), Copper: 0.08mg (3.86%), Vitamin B5: 0.29mg (2.89%), Vitamin D: 0.19µg (1.27%)