



Roasted-Corn-and-Tomato Tart

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1.5 cups corn kernels fresh 3 ears
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 tablespoons olive oil
- ☐ 1 tablespoon parmigiano-reggiano cheese grated
- ☐ 2 ounces mozzarella cheese smoked shredded divided
- ☐ 1 large tomatoes cut into 1/4-inch-thick slices

- ☐ 5 tablespoons water
- ☐ 2 tablespoons cornmeal yellow

Equipment

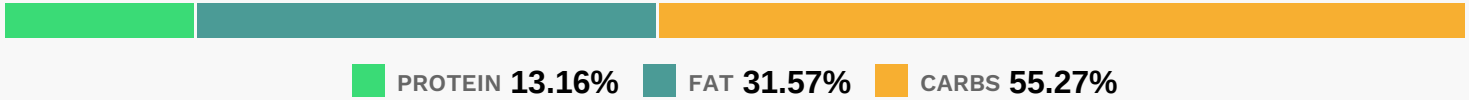
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Preheat oven to 375.
- ☐ To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and 1/4 teaspoon salt in a large bowl; make a well in center of mixture.
- ☐ Add water and oil; stir until well-blended. Turn dough out onto a lightly floured surface; knead 2 minutes.
- ☐ Slightly overlap 2 lengths of plastic wrap on a slightly dampened surface. Gently press dough into a 4-inch circle on plastic wrap. Cover with 2 additional lengths of overlapping plastic wrap. Chill for 15 minutes.
- ☐ Roll dough, still covered, into an 11-inch circle. Freeze for 5 minutes or until plastic can be easily removed.
- ☐ Remove top sheets of plastic wrap; let stand 1 minute or until pliable. Fit the dough, plastic-wrap side up, into a 10-inch round removable-bottom tart pan coated with cooking spray.
- ☐ Remove remaining sheets of plastic wrap. Press dough against bottom and sides of pan. Pierce dough with fork several times.
- ☐ Bake crust at 375 for 15 minutes or until lightly browned, and cool on wire rack.

- ☐ To prepare filling, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add corn; saut 5 minutes or until corn is lightly brown.
- ☐ Sprinkle 1 tablespoon mozzarella on crust. Top with corn, basil, 1/4 teaspoon salt, and pepper.
- ☐ Sprinkle with 1/4 cup mozzarella. Arrange tomato slices in a circular pattern over cheese.
- ☐ Sprinkle with remaining mozzarella and Parmigiano-Reggiano.
- ☐ Bake at 375 for 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:107.38, Glycemic Load:20.2, Inflammation Score:-7, Nutrition Score:11.965217420588%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 282.79kcal (14.14%), Fat: 10.18g (15.66%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 37.1g (13.49%), Sugar: 4.92g (5.47%), Cholesterol: 12.05mg (4.02%), Sodium: 346.13mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin B1: 0.37mg (24.45%), Folate: 90.67µg (22.67%), Manganese: 0.42mg (21.19%), Selenium: 13.92µg (19.89%), Phosphorus: 180.64mg (18.06%), Vitamin B3: 3.23mg (16.17%), Calcium: 144.99mg (14.5%), Vitamin B2: 0.24mg (14.31%), Vitamin A: 666.09IU (13.32%), Vitamin K: 13.8µg (13.14%), Iron: 2.25mg (12.5%), Vitamin C: 10.2mg (12.36%), Fiber: 3g (12.02%), Magnesium: 42.3mg (10.58%), Potassium: 322.43mg (9.21%), Zinc: 1.17mg (7.77%), Vitamin E: 1.12mg (7.47%), Vitamin B6: 0.14mg (6.96%), Copper: 0.13mg (6.29%), Vitamin B5: 0.63mg (6.28%), Vitamin B12: 0.34µg (5.64%)