



Roasted Heirloom Tomato Tartlet

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby greens
- 2 tablespoons balsamic vinaigrette light
- 0.3 cup balsamic vinegar
- 1 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 tablespoon tarragon fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.5 cup goat cheese soft

- 3 heirloom tomatoes cut into wedges
- 3 pounds heirloom tomatoes cut into 1/2-inch-thick slices
- 1 tablespoon kosher salt
- 0.5 cup olive oil divided
- 0.3 cup brined olives pitted chopped
- 2 teaspoons cracked pepper black
- 17.3 ounce puff pastry frozen thawed

Equipment

- bowl
- baking sheet
- baking paper
- oven
- spatula

Directions

- Lay puff pastry out on a work surface.
- Cut 8, 2 1/2-inch-round disks out of the pastry.
- Place disks on a baking sheet lined with parchment paper.
- Place a second sheet of parchment on pastry, and top with another baking sheet to weigh down pastry.
- Bake at 375 for 12 to 15 minutes or until lightly browned; set aside and cool.
- Brush tomato slices and wedges with 1/4 cup olive oil.
- Sprinkle evenly with thyme, salt, and pepper, and place tomatoes on baking sheets.
- Bake at 350 for 15 minutes or until tomatoes are soft; cool slightly.
- Spread pastry rounds evenly with goat cheese. Using a spatula, carefully stack tomato slices evenly on pastry rounds, and top with tomato wedges.
- Toss greens and next 3 ingredients with vinaigrette in a small bowl. Top each tomato tart evenly with salad.

Place tarts on individual serving plates, and drizzle with balsamic vinegar and remaining 1/4 cup olive oil.

Sprinkle plates with olives.

Nutrition Facts

PROTEIN 7.94% **FAT 59.48%** **CARBS 32.58%**

Properties

Glycemic Index:50.75, Glycemic Load:18.23, Inflammation Score:-10, Nutrition Score:17.483478310316%

Flavonoids

Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 473.57kcal (23.68%), Fat: 31.82g (48.96%), Saturated Fat: 8.68g (54.26%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 35.19g (12.8%), Sugar: 7.63g (8.48%), Cholesterol: 6.53mg (2.18%), Sodium: 1214.73mg (52.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.11%), Vitamin A: 2223.51IU (44.47%), Vitamin C: 34.66mg (42.02%), Manganese: 0.74mg (36.9%), Vitamin K: 38.73µg (36.88%), Vitamin B1: 0.34mg (22.8%), Folate: 89.85µg (22.46%), Selenium: 15.39µg (21.99%), Vitamin B3: 4.08mg (20.39%), Potassium: 624.51mg (17.84%), Iron: 3.11mg (17.3%), Vitamin B2: 0.29mg (17.15%), Copper: 0.33mg (16.73%), Fiber: 4.04g (16.16%), Vitamin E: 2.14mg (14.25%), Phosphorus: 135.6mg (13.56%), Vitamin B6: 0.26mg (12.88%), Magnesium: 44.26mg (11.06%), Calcium: 71.69mg (7.17%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.32mg (3.16%)