



Roasted Pepper Tart

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



270 kcal

Ingredients

- 0.5 cup butter cold cubed
- 1.5 cups flour all-purpose
- 2 garlic clove minced
- 2 medium bell pepper green halved seeded
- 8 ounces monterrey jack cheese shredded divided
- 0.3 cup olive oil
- 2.3 ounces olives ripe drained sliced canned
- 4.5 teaspoons oregano fresh minced
- 3 medium bell pepper sweet red halved seeded

- 0.1 teaspoon salt
- 3 tablespoons water

Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- In a large bowl, combine flour and salt; cut in butter until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Cover and refrigerate for 1 hour.
- Broil peppers 4 in. from the heat until skins are blistered and blackened, about 10 minutes. Immediately place peppers in a bowl; cover and let stand for 15–20 minutes. Peel off and discard charred skin. Coarsely chop peppers; place in a bowl.
- Add oil, garlic and oregano; toss to coat. Set aside.
- Roll out dough to fit a 12-in. pizza pan.
- Transfer to pan. Prick dough thoroughly with a fork.
- Bake at 350° for 30–35 minutes or until lightly browned and crust begins pulling away from edges of pan. Cool completely.
- Sprinkle 1 cup cheese over crust.
- Sprinkle with pepper mixture and remaining cheese. Arrange olives around edge.
- Bake at 350° for 10–15 minutes or until cheese is melted.
- Serve immediately.

Nutrition Facts

  
 **PROTEIN 10.1%**  **FAT 67.14%**  **CARBS 22.76%**

Properties

Glycemic Index:19.08, Glycemic Load:9.15, Inflammation Score:-9, Nutrition Score:11.212608555089%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 270.37kcal (13.52%), Fat: 20.52g (31.57%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 13.77g (5.01%), Sugar: 1.93g (2.15%), Cholesterol: 37.16mg (12.39%), Sodium: 284.04mg (12.35%), Alcohol: 0g (100%), Protein: 6.94g (13.89%), Vitamin C: 54.2mg (65.7%), Vitamin A: 1420.25IU (28.41%), Calcium: 165.51mg (16.55%), Vitamin E: 2.03mg (13.5%), Folate: 49.9µg (12.47%), Selenium: 8.31µg (11.88%), Vitamin K: 12.46µg (11.87%), Phosphorus: 116.85mg (11.68%), Vitamin B2: 0.19mg (11.17%), Manganese: 0.21mg (10.6%), Vitamin B1: 0.16mg (10.45%), Vitamin B6: 0.17mg (8.44%), Iron: 1.4mg (7.79%), Fiber: 1.89g (7.55%), Vitamin B3: 1.38mg (6.91%), Zinc: 0.81mg (5.42%), Magnesium: 17.06mg (4.26%), Potassium: 145.53mg (4.16%), Copper: 0.06mg (3%), Vitamin B12: 0.17µg (2.88%), Vitamin B5: 0.24mg (2.44%)