



Roasted Sweet Potato-and-Onion Tart

READY IN



160 min.

SERVINGS



8

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon crumbled cooked
- ☐ 4 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 8 oz gruyere cheese shredded
- ☐ 1.5 cups half and half
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper
- ☐ 1 cup onion red chopped

- ☐ 14.1 oz pie crust dough refrigerated
- ☐ 8 servings rosemary fresh
- ☐ 0.5 teaspoon salt

Equipment

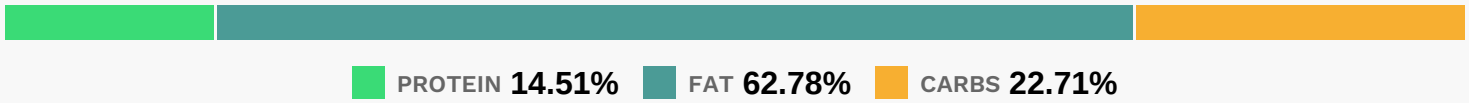
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 425
- ☐ Toss together first 4 ingredients in a large bowl; arrange mixture in a single layer in a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Bake 20 minutes or just until potatoes are tender, stirring after 10 minutes. Cool completely in pan on a wire rack (about 30 minutes). Stir in bacon and parsley.
- ☐ Unroll piecrusts; stack on a lightly greased surface.
- ☐ Roll stacked piecrusts into a 12-inch circle. Fit piecrust into a 10-inch deep-dish tart pan with removable bottom; press into fluted edges. Trim off excess piecrust along edges. Line piecrust with aluminum foil or parchment paper, and fill with pie weights or dried beans.
- ☐ Place pan on a foil-lined baking sheet.
- ☐ Bake at 425 for 12 minutes.
- ☐ Remove weights and foil; bake 5 more minutes. Cool completely on baking sheet on a wire rack (about 15 minutes). Reduce oven temperature to 350
- ☐ Layer half of sweet potato mixture and half of cheese in tart shell; repeat layers once.

- ☐
- Whisk together half-and-half and next 3 ingredients; pour over cheese.
- ☐
- Bake at 350 on lowest oven rack 35 to 40 minutes or until set. Cool tart on baking sheet on a wire rack 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:14.27869564554%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 509.29kcal (25.46%), Fat: 35.44g (54.53%), Saturated Fat: 14.63g (91.45%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 27.08g (9.85%), Sugar: 2.93g (3.26%), Cholesterol: 146.01mg (48.67%), Sodium: 718.12mg (31.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.87%), Calcium: 368.77mg (36.88%), Vitamin K: 38.42µg (36.59%), Phosphorus: 330.74mg (33.07%), Selenium: 19.25µg (27.5%), Vitamin B2: 0.39mg (22.85%), Vitamin B1: 0.22mg (14.88%), Manganese: 0.3mg (14.87%), Vitamin A: 730.31IU (14.61%), Folate: 57.94µg (14.48%), Zinc: 2.07mg (13.83%), Vitamin B12: 0.83µg (13.8%), Iron: 2.1mg (11.66%), Vitamin B3: 2.13mg (10.65%), Vitamin B5: 0.98mg (9.79%), Vitamin B6: 0.17mg (8.67%), Vitamin E: 1.24mg (8.23%), Magnesium: 30.7mg (7.67%), Fiber: 1.76g (7.03%), Potassium: 239.78mg (6.85%), Vitamin C: 4.45mg (5.39%), Vitamin D: 0.69µg (4.63%), Copper: 0.09mg (4.48%)