



Roasted Vegetable Tart (Gluten Free, Dairy Free, Vegan)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

Ingredients

- 0.3 asparagus trimmed cut into 1 inch long segments
- 5 tablespoons milk (like EarthBalance)
- 2 tablespoons olive oil extra virgin
- 1 cup flour gluten free all-purpose
- 1 teaspoon kosher salt
- 1 medium onion red coarsely chopped
- 3 cloves roasted garlic crushed
- 1 roma tomatoes sliced

- 0.3 pound pkt spinach
- 1 sweet potatoes and into sliced
- 3 tablespoons water cold
- 1 bell pepper red yellow cut into strips (, Orange or)
- 1 zucchini sliced into rounds

Equipment

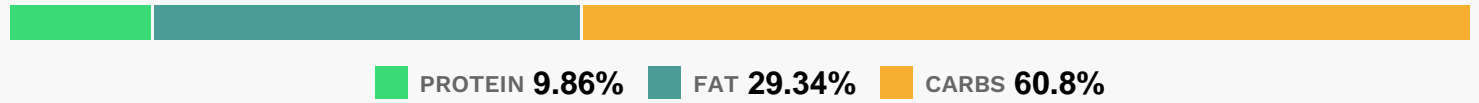
- bowl
- baking sheet
- oven
- whisk
- aluminum foil
- pastry cutter

Directions

- For the filling:Preheat oven to 425 F
- Place zucchini, asparagus and bell pepper on a baking sheet or dish and drizzle with olive oil and salt, tossing lightly to coat.
- Place vegetables in oven and roast for 30-45 minutes or until tender.While vegetables were roasting, prepare pie crust.For Jules Pie Crust:In a large bowl, whisk together dry ingredients.
- Cut in shortening using two knives or a pastry cutter until the mixture is grainy and resembles a fine meal.
- Add cold water until dough can be shaped into a ball -- err on the side of wet rather than dry and crumbly!Form dough into a ball, wrap in plastic and set aside on the counter for 30 minutes.Reduce oven to 375 F.
- Place pie crust in pie plate or individual baking dishes, pinching edges to form a decorative border.
- Place roasted vegetables in first (including parboiled potatoes, if desired), adding red onions, Roma tomato slices and spinach on top.
- Drizzle with remaining olive oil and a pinch of salt.

- Bake for 35–45 minutes or until crust is golden brown, and spinach and tomatoes are wilted.
- Cut the the top 1/2" off of a head of garlic.Wrap the whole head in foil with a light drizzle (1 TSP) of olive oil.Roast at 400 F for 30–35 minutes, or until soft.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:17.639565217391%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 174.41kcal (8.72%), Fat: 6.05g (9.31%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 23.39g (8.51%), Sugar: 5.66g (6.29%), Cholesterol: 1.5mg (0.5%), Sodium: 433.37mg (18.84%), Protein: 4.58g (9.15%), Vitamin A: 7914.18IU (158.28%), Vitamin K: 98.38µg (93.69%), Vitamin C: 40.73mg (49.37%), Manganese: 0.41mg (20.49%), Fiber: 4.81g (19.24%), Folate: 63.2µg (15.8%), Vitamin B6: 0.28mg (14.18%), Potassium: 437mg (12.49%), Vitamin E: 1.58mg (10.54%), Iron: 1.81mg (10.05%), Magnesium: 37.63mg (9.41%), Vitamin B2: 0.13mg (7.82%), Calcium: 73.97mg (7.4%), Phosphorus: 67.6mg (6.76%), Vitamin B1: 0.09mg (6.18%), Copper: 0.12mg (6.14%), Vitamin B5: 0.53mg (5.32%), Vitamin B3: 0.8mg (4%), Zinc: 0.49mg (3.27%), Selenium: 1.06µg (1.51%), Vitamin B12: 0.07µg (1.13%)