



Roasted Vegetable Tarts

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

Ingredients

- ☐ 3 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 12 ounces eggplant sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 2 pie crusts prepared canned 15-ounce package
- ☐ 2 medium portabello mushrooms sliced
- ☐ 1 medium bell pepper red cut into 1/2 -inch dice
- ☐ 4 ounces roquefort blue crumbled
- ☐ 6 servings salt and pepper freshly ground

- ☐ 2 medium shallots thinly sliced
- ☐ 1 medium zucchini sliced

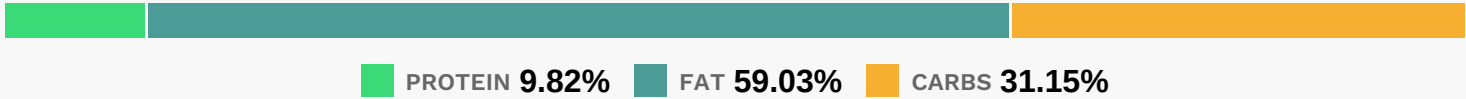
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place racks in the upper and lower thirds of the oven and preheat to 45
- ☐ Line 2 baking sheets with foil.
- ☐ In a large roasting pan, toss the eggplant, mushrooms, shallots, red bell pepper and zucchini with the olive oil and salt and pepper. Roast the vegetables for 12 to 14 minutes, stirring once or twice, until softened.
- ☐ Using a handheld electric mixer, beat the Roquefort and cream cheese together until smooth.
- ☐ Add the egg and Parmesan; beat until blended.
- ☐ Place 1 pie crust on each baking sheet, unfold and pinch together any tears. Divide the cheese mixture between the crusts and spread it out, leaving a 2-inch border of dough. Arrange the roasted vegetables on top. Fold the dough up to partially cover the filling, crimping to seal the edges.
- ☐ Bake for 20 to 25 minutes, or until golden, reversing the pans halfway through cooking.
- ☐ Serve the vegetable tarts warm.
- ☐ Wine Recommendation: Match the earthy tastes here with an herbal Australian Cabernet Sauvignon like the 1993 Hardys Coonawarra or the 1992 Chateau Tahbilk.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:15.625217375548%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 469.02kcal (23.45%), Fat: 31.14g (47.91%), Saturated Fat: 12.13g (75.82%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 32.48g (11.81%), Sugar: 5.67g (6.3%), Cholesterol: 60.22mg (20.07%), Sodium: 721.98mg (31.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.3%), Vitamin C: 33.15mg (40.18%), Manganese: 0.51mg (25.62%), Folate: 91.82µg (22.96%), Selenium: 15.6µg (22.29%), Vitamin A: 1087.04IU (21.74%), Phosphorus: 217.31mg (21.73%), Vitamin B2: 0.35mg (20.51%), Vitamin B3: 3.73mg (18.64%), Fiber: 4.49g (17.97%), Vitamin B1: 0.24mg (15.81%), Vitamin B6: 0.31mg (15.56%), Calcium: 152.15mg (15.21%), Potassium: 521.88mg (14.91%), Vitamin B5: 1.4mg (14%), Iron: 2.25mg (12.49%), Vitamin K: 12.16µg (11.58%), Vitamin E: 1.73mg (11.5%), Copper: 0.21mg (10.66%), Zinc: 1.4mg (9.33%), Magnesium: 33.37mg (8.34%), Vitamin B12: 0.36µg (6.02%), Vitamin D: 0.35µg (2.33%)