



Roma-Goat Cheese Tarts

READY IN



45 min.

SERVINGS



12

CALORIES



488 kcal

Ingredients

- ☐ 0.3 lb butter cut into chunks
- ☐ 4 oz chèvre cheese fresh (goat)
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 3 tablespoons pesto
- ☐ 0.8 cup pinenuts
- ☐ 1.3 pounds roma tomatoes cored rinsed cut into 1/8-inch slices
- ☐ 1.5 teaspoons salt
- ☐ 0.7 cup solid shortening

- ☐ 1 cup whipping cream
- ☐ 2 cups flour whole-wheat

Equipment

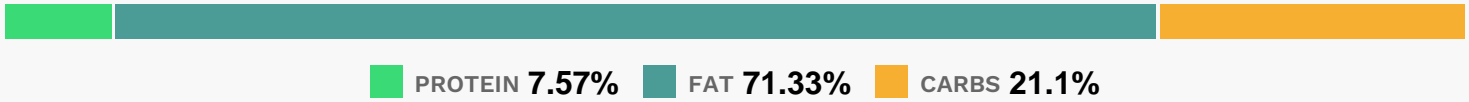
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ In an 8- to 9-inch-wide pan, bake nuts in a 350 oven, stirring often, until golden, 5 to 7 minutes; let cool.
- ☐ In a bowl, combine whole-wheat flour, 1 cup all-purpose flour, thyme, and 1 teaspoon salt. With a pastry blender or your fingers, cut or rub in butter and shortening until particles are pea-size. Stir in pine nuts. With a fork, gently stir in 1/2 cup ice-cold water, 1 tablespoon at a time.
- ☐ Gather dough into a ball, divide in half, and flatten each portion into a 1-inch-thick disk. Wrap airtight and chill at least 45 minutes or up to 2 days.
- ☐ On a board dusted with all-purpose flour, roll dough pieces, one at a time, into 11-inch rounds. Fit each round into a 9-inch tart pan with a removable rim; trim excess dough from rim.
- ☐ Fit a piece of foil into each crust, with foil edges extending at least 2 inches above rim.
- ☐ Pour dried beans or pie weights into foil to half-fill crusts.
- ☐ Bake on the lowest rack in a 375 oven for 30 minutes.
- ☐ Remove foil and beans.
- ☐ Overlap tomatoes in circles in hot crusts.
- ☐ Bake until tomatoes look dry at edges, about 15 minutes.
- ☐ Meanwhile, in a bowl, whisk eggs, pesto, goat cheese, and 1/2 teaspoon salt to blend, then whisk in cream. Gently pour mixture equally over tomatoes.

- ☐
- Bake until custard is set when gently shaken, about 25 minutes. Season to taste with salt.
- ☐
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:6.25, Inflammation Score:-8, Nutrition Score:15.788695698199%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 487.58kcal (24.38%), Fat: 39.73g (61.13%), Saturated Fat: 12.05g (75.32%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 23.03g (8.37%), Sugar: 2.49g (2.76%), Cholesterol: 73.56mg (24.52%), Sodium: 506.07mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Manganese: 1.7mg (85.03%), Selenium: 20.65µg (29.5%), Vitamin A: 1396.63IU (27.93%), Phosphorus: 206.2mg (20.62%), Vitamin E: 2.61mg (17.4%), Vitamin B1: 0.25mg (16.64%), Copper: 0.32mg (15.93%), Magnesium: 61.39mg (15.35%), Vitamin K: 15.59µg (14.85%), Vitamin B2: 0.25mg (14.66%), Fiber: 3.41g (13.63%), Iron: 2.31mg (12.81%), Vitamin B3: 2.33mg (11.65%), Folate: 45.9µg (11.47%), Zinc: 1.52mg (10.13%), Vitamin B6: 0.19mg (9.3%), Vitamin C: 7.22mg (8.75%), Potassium: 292.03mg (8.34%), Vitamin B5: 0.63mg (6.31%), Calcium: 59.22mg (5.92%), Vitamin D: 0.61µg (4.03%), Vitamin B12: 0.17µg (2.89%)