



## Rustic Onion Tart

READY IN



40 min.

SERVINGS



12

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices oscar mayer bacon chopped
- 0.3 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 1 large onion separated thinly sliced
- 1 ready-to-use pie crust refrigerated
- 0.5 cup swiss cheese shredded kraft

### Equipment

- frying pan

baking sheet

oven

## Directions

Cook onions and bacon in skillet on medium heat 10 to 12 min. or until onions are tender, stirring frequently.

Remove from heat.

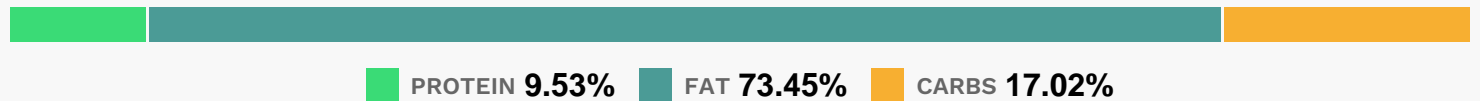
Heat oven to 400F. Unroll pie crust on baking sheet.

Mix cream cheese and sour cream until blended; spread onto crust. Spoon onion mixture over cream cheese mixture; spread to within 2 inches of edge of crust.

Sprinkle with Swiss cheese. Fold edge of crust over filling, leaving opening in center and pleating edge of crust as necessary to fit.

Bake 12 to 15 min. or until crust is lightly browned. Cool slightly.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:3.85173912152%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 224.22kcal (11.21%), Fat: 18.35g (28.24%), Saturated Fat: 8.23g (51.45%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 9.01g (3.28%), Sugar: 1.4g (1.56%), Cholesterol: 35.78mg (11.93%), Sodium: 224.69mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Selenium: 6.98µg (9.96%), Phosphorus: 84.64mg (8.46%), Calcium: 69.52mg (6.95%), Vitamin A: 326.84IU (6.54%), Vitamin B2: 0.1mg (6.15%), Vitamin B1: 0.09mg (6.07%), Vitamin B3: 1.01mg (5.06%), Vitamin B12: 0.26µg (4.35%), Manganese: 0.08mg (4.16%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.56mg (3.77%), Folate: 14.69µg (3.67%), Vitamin B5: 0.3mg (2.97%), Potassium: 95.16mg (2.72%), Iron: 0.48mg (2.69%), Fiber: 0.57g (2.27%), Vitamin E: 0.34mg (2.26%), Magnesium: 8.8mg (2.2%), Vitamin K: 1.62µg (1.54%), Copper: 0.03mg (1.4%), Vitamin C: 0.97mg (1.17%)