



## Rustic Onion Tart



Vegetarian



Popular

READY IN



120 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 recipe ) sour for butter cream pastry dough\*
- ☐ 3 medium and/or onions red yellow sliced for 5 to 8 cups, (enough )
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon butter
- ☐ 4 servings salt
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.5 teaspoon thyme leaves dried fresh chopped
- ☐ 0.8 cup roughly gruyère swiss cheese packed grated (not )

- ☐ 160 g all purpose flour
- ☐ 1 teaspoon salt
- ☐ 5 ounces butter cubed ()
- ☐ 0.3 cup cup heavy whipping cream sour

## Equipment

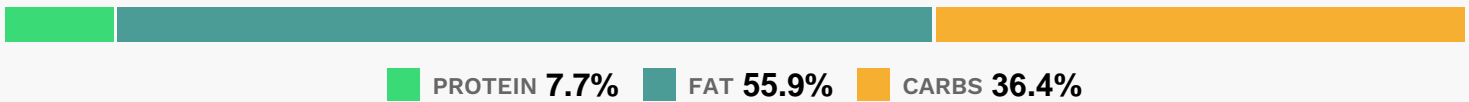
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ pastry cutter

## Directions

- ☐ Prepare the dough: If you are making a crust from scratch, prepare the dough and let it chill in the refrigerator while you are cooking the onions.
- ☐ To prepare the dough, whisk the flour and salt together in a large bowl.
- ☐ Cut the butter into the flour with your hands or with a pastry cutter, until the mixture resembles a coarse meal.
- ☐ Add the sour cream and use a fork to incorporate it into the dough. Gather the dough into a ball and shape it into a disk. Wrap it with plastic wrap and chill for at least an hour.
- ☐ Peel and slice the onions, lengthwise from stem to root. (See How to Slice an Onion)
- ☐ Heat olive oil and butter in a large, heavy-bottomed sauté pan on medium heat. Once the butter has melted, add the onions and sprinkle a little salt over them.
- ☐ Cook, stirring occasionally for 10 minutes, until the onions have softened and are translucent.
- ☐ Reduce the heat to medium low and cook for an additional 40 minutes, stirring occasionally, until the onions are well browned.
- ☐ Add balsamic vinegar and cook for 10 minutes more, until onions are completely caramelized.

- ☐ Remove from heat.
- ☐ Roll out the dough: Preheat the oven to 450°F.
- ☐ Remove the dough from the refrigerator and let stand for 5 minutes before rolling it out.
- ☐ Roll out the dough on a lightly floured surface to a 13-inch diameter.
- ☐ Transfer the crust dough to a cookie sheet lined with parchment paper.
- ☐ Layer the cheese and onions onto the dough:
- ☐ Place all but a couple tablespoons of the cheese in the center of the dough.
- ☐ Spread to within 1 1/2 inches from the edges.
- ☐ Add the caramelized onions, layering them on top of the cheese.
- ☐ Sprinkle with thyme.
- ☐ Pleat the edges: Fold the edges of the crust dough over so that a small circle of onion is still showing in the centre of the tart.
- ☐ Sprinkle the remaining cheese over the top of the tart.
- ☐ Place in the oven on the middle rack.
- ☐ Bake for 10 minutes at 450°F. Reduce the heat to 350°F and bake for an additional 20–25 minutes, until the crust is golden brown.
- ☐ Remove from oven and let sit for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:79.25, Glycemic Load:37.61, Inflammation Score:-9, Nutrition Score:19.593913078308%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

## Nutrients (% of daily need)

Calories: 840.69kcal (42.03%), Fat: 52.37g (80.57%), Saturated Fat: 27.26g (170.36%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 72.84g (26.49%), Sugar: 4.44g (4.93%), Cholesterol: 111.03mg (37.01%), Sodium: 1413.76mg (61.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.46%), Selenium: 37.48µg (53.54%), Vitamin B1: 0.74mg (49.49%), Folate: 155.33µg (38.83%), Manganese: 0.73mg (36.6%), Vitamin B2: 0.56mg (32.96%), Vitamin B3: 5.39mg (26.93%), Phosphorus: 257.18mg (25.72%), Iron: 4.55mg (25.3%), Vitamin A: 1237.06IU (24.74%), Calcium: 240.1mg (24.01%), Fiber: 3.87g (15.49%), Vitamin E: 2.19mg (14.63%), Vitamin B12: 0.71µg (11.8%), Zinc: 1.75mg (11.63%), Vitamin K: 11.8µg (11.24%), Magnesium: 37.01mg (9.25%), Copper: 0.18mg (8.77%), Vitamin B6: 0.16mg (7.99%), Vitamin C: 6.3mg (7.63%), Potassium: 259.94mg (7.43%), Vitamin B5: 0.67mg (6.68%)