



## Rustic Tomato Tart

READY IN



49 min.

SERVINGS



49

CALORIES



48 kcal

### Ingredients

- 1 cup arugula
- 6 slices oscar mayer bacon
- 1.5 cups colby & monterey jack cheeses shredded kraft
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 lb plum tomatoes seeded sliced
- 1 ready-to-use pie crust refrigerated

### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Unroll pie crust onto baking sheet. Arrange tomato slices in circular pattern on crust, overlapping slices as necessary to leave a 1-1/2-inch border around edge.
- Combine cheese and mayo; spread over tomatoes. Fold edge of crust over tomatoes.
- Bake 20 to 24 min. or until cheese is melted and crust is golden brown. Meanwhile, cook bacon until crisp.
- Cool tart 10 min. Crumble bacon. Top tart with arugula and bacon.

## Nutrition Facts



## Properties

Glycemic Index:1.43, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.293913035937%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 48.4kcal (2.42%), Fat: 3.63g (5.59%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.33g (0.36%), Cholesterol: 5.86mg (1.95%), Sodium: 69.6mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Calcium: 30.14mg (3.01%), Phosphorus: 27.51mg (2.75%), Vitamin A: 129.06IU (2.58%), Vitamin K: 2.36µg (2.24%), Selenium: 1.37µg (1.95%), Vitamin C: 1.33mg (1.61%), Vitamin B2: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.42%), Manganese: 0.03mg (1.4%), Vitamin B3: 0.26mg (1.31%), Zinc: 0.19mg (1.27%), Folate: 5µg (1.25%), Potassium: 37.75mg (1.08%)