



Rustic Vidalia Onion Tart With Thyme

READY IN



23 min.

SERVINGS



6

CALORIES



475 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 egg white lightly beaten
- 1.5 teaspoons thyme leaves fresh chopped
- 3 oz gruyère cheese shredded
- 0.5 teaspoon pepper
- 15 oz piecrusts refrigerated
- 0.8 teaspoon salt
- 6.5 cups vidalia onions thinly sliced

Equipment

- frying pan
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 42
- Melt butter in a large nonstick skillet over medium-high heat; add onion and next 3 ingredients. Cook, stirring occasionally, 8 minutes or until tender.
- Unroll piecrust onto a lightly floured surface. Pat or roll into a 12-inch circle.
- Place piecrust on a parchment paper-lined baking sheet.
- Brush with egg white.
- Sprinkle 1/2 cup cheese in center of crust. Spoon onion mixture over cheese, leaving a 2 1/2-inch border.
- Sprinkle remaining 1/4 cup cheese over onion. Fold piecrust border up and over onion, pleating as you go and leaving a 4-inch-wide opening in center.
- Brush crust with egg white.
- Bake at 425 on bottom oven rack 17 to 19 minutes or until crust is golden.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:10.806521874407%

Flavonoids

Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg Quercetin: 25.17mg, Quercetin: 25.17mg, Quercetin: 25.17mg, Quercetin: 25.17mg

Nutrients (% of daily need)

Calories: 474.89kcal (23.74%), Fat: 27g (41.54%), Saturated Fat: 10.86g (67.91%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 44.42g (16.15%), Sugar: 8.79g (9.77%), Cholesterol: 25.63mg (8.54%), Sodium: 734.02mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Manganese: 0.48mg (23.93%), Folate: 91.49µg (22.87%), Calcium: 195.71mg (19.57%), Phosphorus: 186.25mg (18.62%), Vitamin B1: 0.28mg (18.36%), Fiber: 3.44g (13.78%), Vitamin B6: 0.27mg (13.74%), Iron: 2.43mg (13.49%), Vitamin B2: 0.22mg (12.99%), Selenium: 8.02µg (11.45%), Vitamin C: 9.12mg (11.06%), Vitamin B3: 2.18mg (10.89%), Potassium: 301.09mg (8.6%), Magnesium: 33.07mg (8.27%), Copper: 0.16mg (8.06%), Zinc: 1.11mg (7.43%), Vitamin K: 6.68µg (6.36%), Vitamin B5: 0.56mg (5.56%), Vitamin A: 278.11IU (5.56%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.51mg (3.4%)