



Rutabaga-Spinach Tart

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

Ingredients

- ☐ 6 bacon crumbled cooked
- ☐ 1 cup breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 10 ounce pkt spinach frozen thawed
- ☐ 0.3 cup butter divided melted
- ☐ 0.5 cup milk
- ☐ 0.8 cup parmesan cheese divided grated
- ☐ 1 rutabaga

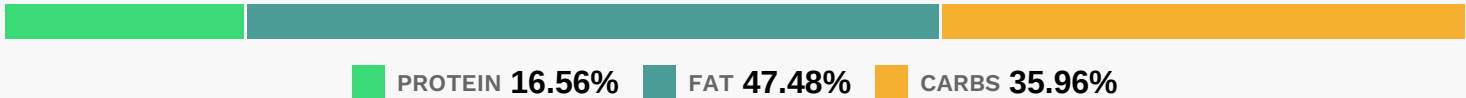
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place a baking sheet on bottom rack of oven.
- ☐ Heat oven to 40
- ☐ Peel rutabaga.
- ☐ Cut a thin slice from 1 side, allowing it to stand upright.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ Stir together breadcrumbs, flour, and 1/4 cup cheese in a shallow dish.
- ☐ Dip 1 rutabaga slice in milk, and dredge in breadcrumb mixture.
- ☐ Place slice in center of a greased 8-inch round cakepan.
- ☐ Cut remaining rutabaga slices in half. Dip half of slices in milk, and dredge in breadcrumb mixture. Arrange in pan, allowing outer edges of rutabaga to fit around edge of pan.
- ☐ Drain spinach well, pressing between layers of paper towels. Arrange over rutabaga.
- ☐ Sprinkle with bacon and remaining 1/2 cup cheese, and drizzle with 2 tablespoons butter.
- ☐ Dip remaining rutabaga slices in milk; dredge in breadcrumb mixture. Arrange over cheese.
- ☐ Drizzle with remaining 2 tablespoons butter. Top with a sheet of aluminum foil; press an 8-inch round cakepan onto tart.
- ☐ Place tart in oven on preheated baking sheet, and top with a large heavy skillet.
- ☐ Bake at 400 for 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:6.16, Inflammation Score:-10, Nutrition Score:23.209130390831%

Flavonoids

Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 297.83kcal (14.89%), Fat: 15.95g (24.54%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 23.39g (8.5%), Sugar: 5.29g (5.88%), Cholesterol: 21.24mg (7.08%), Sodium: 624.62mg (27.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.03%), Vitamin K: 177.44µg (168.99%), Vitamin A: 6024.08IU (120.48%), Manganese: 0.63mg (31.55%), Folate: 111.66µg (27.91%), Selenium: 18.4µg (26.29%), Calcium: 261.56mg (26.16%), Vitamin B1: 0.38mg (25.18%), Vitamin C: 18.7mg (22.67%), Phosphorus: 225.58mg (22.56%), Vitamin B2: 0.32mg (19.01%), Magnesium: 66.77mg (16.69%), Vitamin B3: 3.06mg (15.32%), Fiber: 3.8g (15.2%), Potassium: 497.94mg (14.23%), Iron: 2.42mg (13.44%), Vitamin E: 1.98mg (13.21%), Vitamin B6: 0.24mg (11.79%), Zinc: 1.59mg (10.57%), Copper: 0.16mg (7.78%), Vitamin B12: 0.44µg (7.3%), Vitamin B5: 0.48mg (4.83%), Vitamin D: 0.32µg (2.12%)