



Sara Kate Gillingham-Ryan's Squash Ribbon Puff Pastry Tart

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large eggs
- 1 teaspoon mint leaves fresh finely chopped
- 1 teaspoon thyme sprigs fresh finely chopped
- 2 tablespoons cup heavy whipping cream
- 0.3 cup mascarpone cheese
- 1 teaspoon olive oil
- 0.5 cup parmesan cheese freshly grated
- 1 sheet puff pastry frozen thawed

- 6 servings salt and pepper freshly ground
- 1 large zucchini yellow with a mandoline or vegetable peeler trimmed very thinly sliced lengthwise

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- wire rack

Directions

- Preheat the oven to 375°F . Line a baking sheet with parchment paper.
- In a bowl, combine 1/4 cup of the Parmesan, the mascarpone, egg, cream, mint, thyme, and a little salt and pepper and stir until well mixed. Set aside.
- On a lightly floured work surface, roll out the puff pastry into a 9-by-13-inch rectangle about 1/8 inch thick.
- Transfer the pastry to the prepared baking sheet. Using the tip of a sharp knife, score a border about 3/4 inch in from the edge all the way around the pastry sheet, piercing only the top few layers.
- Spread the cheese mixture evenly over the pastry inside the border, then arrange the squash slices diagonally across the tart.
- Brush the squash slices and the pastry edges with the olive oil.
- Bake the tart for 15 minutes, then sprinkle with the remaining 1/4 cup (1 oz/30 g) Parmesan. Continue to bake until the cheese is melted and the pastry is golden, about 15 minutes longer.
- Let cool on the pan on a wire rack for 5 minutes.
- Cut into pieces and serve warm.

Nutrition Facts



■ PROTEIN 9.15% ■ FAT 66.04% ■ CARBS 24.81%

Properties

Glycemic Index:19.33, Glycemic Load:10.16, Inflammation Score:-6, Nutrition Score:8.3634782925896%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 346.57kcal (17.33%), Fat: 25.55g (39.31%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.4g (7.42%), Sugar: 1.83g (2.03%), Cholesterol: 53.28mg (17.76%), Sodium: 463.99mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Selenium: 15.61µg (22.31%), Manganese: 0.31mg (15.52%), Vitamin B2: 0.24mg (14.35%), Vitamin B1: 0.19mg (12.9%), Folate: 49.56µg (12.39%), Vitamin C: 10.21mg (12.37%), Phosphorus: 117.56mg (11.76%), Calcium: 108.97mg (10.9%), Vitamin B3: 1.97mg (9.84%), Vitamin K: 9.62µg (9.16%), Vitamin A: 446.45IU (8.93%), Iron: 1.5mg (8.32%), Vitamin B6: 0.12mg (6.01%), Zinc: 0.88mg (5.84%), Potassium: 199.17mg (5.69%), Magnesium: 21.04mg (5.26%), Fiber: 1.2g (4.8%), Copper: 0.09mg (4.35%), Vitamin E: 0.56mg (3.71%), Vitamin B12: 0.19µg (3.24%), Vitamin B5: 0.28mg (2.79%), Vitamin D: 0.29µg (1.92%)