



Savory Gluten-Free Tart Crust



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

CRUST

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup brown rice flour
- ☐ 1 eggs slightly beaten
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 1 tablespoons ice water
- ☐ 0.3 cup millet flour
- ☐ 0.5 teaspoon sea salt fine

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1 stick butter unsalted cut into 1/2-inch pieces

Equipment

☐

food processor

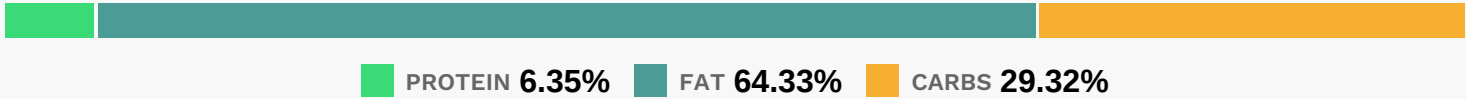
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plastic wrap

Directions

- ☐
- Pulse first 6 ingredients in food processor until combined.
- ☐
- Add butter, and pulse 10 times or until butter is the size of peas.
- ☐
- Combine egg with 1 tablespoon ice water.
- ☐
- Add egg mixture to flour mixture, and pulse until dough comes together. (
- ☐
- Add more water, 1 teaspoon at a time, if necessary.)
- ☐
- Transfer dough to a work surface. Knead 2 times, and form into a disk. Wrap in plastic wrap, and refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:5.64, Inflammation Score:-7, Nutrition Score:9.9239130849424%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 407.66kcal (20.38%), Fat: 29.74g (45.75%), Saturated Fat: 15.39g (96.21%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 27.75g (10.09%), Sugar: 0.76g (0.85%), Cholesterol: 101.66mg (33.89%), Sodium: 312.36mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.21%), Manganese: 1.31mg (65.47%), Vitamin A: 790.49IU (15.81%), Phosphorus: 150.7mg (15.07%), Vitamin B6: 0.27mg (13.4%), Vitamin B3: 2.36mg (11.81%), Magnesium: 45.26mg (11.32%), Vitamin B1: 0.17mg (11.24%), Fiber: 2.75g (10.99%), Selenium: 6.13µg (8.75%), Iron: 1.55mg (8.59%), Vitamin B5: 0.77mg (7.72%), Vitamin E: 1.14mg (7.58%), Zinc: 1.1mg (7.36%), Copper: 0.13mg (6.38%), Vitamin B2: 0.09mg (5.4%), Vitamin D: 0.64µg (4.29%), Calcium: 40.27mg (4.03%), Potassium: 130.8mg (3.74%), Folate: 14.18µg (3.54%), Vitamin B12: 0.15µg (2.43%), Vitamin K: 2.48µg (2.36%)