



Savory Onion Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon yeast dry
- 2.3 cups flour all-purpose divided
- 1.5 tablespoons thyme leaves fresh divided chopped
- 2 tablespoons half-and-half
- 1.5 teaspoons olive oil
- 6 cups onion thinly sliced
- 1 teaspoon sea salt divided

- 0.5 teaspoon sugar
- 0.8 cup warm water (100° to 110°)

Equipment

- bowl
- frying pan
- oven
- knife
- measuring cup
- tart form

Directions

- Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife. Stir in 2 cups flour and 1/2 teaspoon salt until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 5 minutes), and add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If an indentation remains, the dough has risen enough.) Punch the dough down; cover and let rest for 5 minutes.
- Roll the dough into a 12-inch circle on a floured surface. Fit dough into a 10-inch round removable-bottom tart pan. Press dough against bottom and sides of pan.
- Preheat oven to 42
- Heat oil a large nonstick skillet over medium heat.
- Add the onion; cover and cook 20 minutes or until golden brown, stirring frequently.
- Remove from heat; stir in 1/2 teaspoon salt, half-and-half, and 1 tablespoon thyme.
- Spread mixture over dough in pan.
- Bake at 425 for 25 minutes or until crust is golden brown.
- Sprinkle with 1 1/2 teaspoons thyme and pepper.
- Let stand 5 minutes.

Cut into 6 wedges.

Nutrition Facts

PROTEIN 10.91% **FAT 7.92%** **CARBS 81.17%**

Properties

Glycemic Index:41.52, Glycemic Load:29.5, Inflammation Score:-9, Nutrition Score:11.503913066957%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 254.12kcal (12.71%), Fat: 2.25g (3.46%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 47.53g (17.28%), Sugar: 7.45g (8.28%), Cholesterol: 1.75mg (0.58%), Sodium: 399.78mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Vitamin B1: 0.47mg (31.5%), Folate: 123.2µg (30.8%), Manganese: 0.57mg (28.43%), Selenium: 16.88µg (24.11%), Vitamin B2: 0.3mg (17.84%), Vitamin C: 14.69mg (17.8%), Fiber: 4.32g (17.29%), Iron: 2.84mg (15.79%), Vitamin B3: 3.1mg (15.48%), Vitamin B6: 0.23mg (11.27%), Phosphorus: 105.41mg (10.54%), Potassium: 304.69mg (8.71%), Magnesium: 30.2mg (7.55%), Copper: 0.15mg (7.37%), Calcium: 57.86mg (5.79%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.68mg (4.51%), Vitamin A: 104.5IU (2.09%), Vitamin K: 1.59µg (1.51%), Vitamin E: 0.22mg (1.45%)