



Scalloped Potato and Herb Tart

READY IN



240 min.

SERVINGS



8

CALORIES



181 kcal

Ingredients

- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 8 servings buttery flaky pastry
- ☐ 0.3 cup chives fresh coarsely chopped
- ☐ 0.5 Tbsp optional: dill fresh coarsely chopped
- ☐ 0.5 cup flat-leaf parsley fresh coarsely chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 6 green onions cut into 1-inch pieces (1 cup)
- ☐ 4 oz gruyère cheese shredded
- ☐ 1 cup half-and-half

- ☐ 1 oz freshly parmesan cheese shredded
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 12 oz baking potatoes peeled cut into 1/16-inch-thick slices
- ☐ 1.5 teaspoons salt divided

Equipment

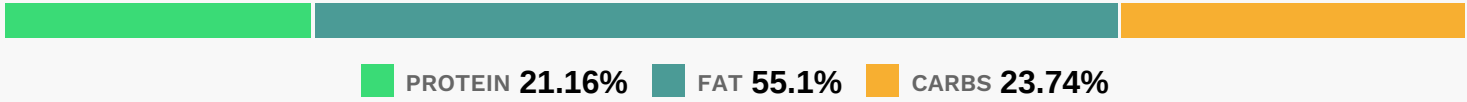
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Prepare Buttery Flaky Pastry.
- ☐ Preheat oven 35
- ☐ Bring potatoes, 1 tsp. salt, and water to cover to a boil in a large skillet over medium-high heat; cook 5 to 7 minutes or until tender.
- ☐ Drain potatoes, and pat dry with paper towels. Cool 10 minutes.
- ☐ Cook onions in boiling salted water to cover in a small saucepan 2 to 3 minutes or until tender.
- ☐ Drain well, and press between paper towels.
- ☐ Stir together parsley and next 2 ingredients in a small bowl.
- ☐ Whisk together half-and-half, next 4 ingredients, half of parsley mixture, and remaining 1/2 tsp. salt.
- ☐ Spread half of potatoes in bottom of pastry crust. Top with half of Gruyre cheese, half of cooked onions, and half of egg mixture; repeat layers once.
- ☐ Sprinkle with Parmesan cheese.

- ☐
- Bake at 350 on an aluminum foil-lined baking sheet 40 to 45 minutes or until center is set.
- ☐
- Let stand 10 minutes.
- ☐
- Sprinkle with remaining parsley mixture.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.09, Glycemic Load:6.53, Inflammation Score:-7, Nutrition Score:11.831739021384%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 181.06kcal (9.05%), Fat: 11.2g (17.24%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 9.84g (3.58%), Sugar: 1.92g (2.14%), Cholesterol: 98.04mg (32.68%), Sodium: 639.48mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.36%), Vitamin K: 84.81µg (80.77%), Calcium: 247.55mg (24.76%), Phosphorus: 202.82mg (20.28%), Vitamin A: 842.25IU (16.84%), Selenium: 9.34µg (13.34%), Vitamin C: 10.52mg (12.76%), Vitamin B2: 0.21mg (12.29%), Vitamin B6: 0.22mg (10.87%), Potassium: 304.95mg (8.71%), Vitamin B12: 0.48µg (7.99%), Zinc: 1.2mg (7.98%), Folate: 31.23µg (7.81%), Iron: 1.18mg (6.57%), Magnesium: 26.07mg (6.52%), Manganese: 0.13mg (6.32%), Vitamin B5: 0.6mg (5.95%), Vitamin B1: 0.08mg (5.06%), Copper: 0.08mg (4.12%), Fiber: 1.02g (4.1%), Vitamin B3: 0.66mg (3.3%), Vitamin D: 0.47µg (3.12%), Vitamin E: 0.4mg (2.67%)