



## Shallot tarte tatin



Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



721 kcal

### Ingredients

- ☐ 500 g shallots
- ☐ 2 tbsp olive oil
- ☐ 25 g butter
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 tbsp thyme leaves dried fresh
- ☐ 300 g puff pastry frozen
- ☐ 100 g cheddar grated

### Equipment

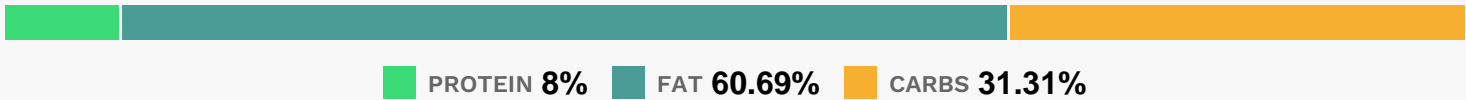
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ cake form

## Directions

- ☐ Put the shallots in a large bowl and pour over boiling water to cover. Leave for 5 mins, then drain and peel.
- ☐ Cut the shallots in half (some will naturally break into two sections).
- ☐ Heat the oil and butter in a frying pan, add the shallots and fry gently for 10 mins, until they are softened and lightly browned. Stir in the vinegar, thyme and 1 tbsp water, then cook for a further 5 mins, stirring occasionally.
- ☐ Remove from the heat and tip into a non-stick shallow cake or pie tin, about 20cm across. Leave to cool.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Cut the pastry into two.
- ☐ Roll out each piece to about 5cm larger than the top of the cake tin. Put one piece of pastry over the shallots.
- ☐ Sprinkle evenly with cheese and cover with the second piece. Trim the edges of the pastry to a little larger than the tin, then tuck the edges of the pastry down the sides of the tin.
- ☐ Bake for 25–30 mins, until pastry is crisp and golden. Leave to cool in tin for 5 mins, turn out onto a flat plate, cut into wedges and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:64.5, Glycemic Load:24.34, Inflammation Score:-9, Nutrition Score:17.259565270465%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

## Nutrients (% of daily need)

Calories: 720.75kcal (36.04%), Fat: 49.3g (75.84%), Saturated Fat: 16.24g (101.5%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 51.86g (18.86%), Sugar: 11.67g (12.97%), Cholesterol: 38.44mg (12.81%), Sodium: 407.58mg (17.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.23%), Manganese: 0.77mg (38.7%), Selenium: 26.79µg (38.27%), Folate: 107.22µg (26.81%), Vitamin B1: 0.38mg (25.46%), Calcium: 241.32mg (24.13%), Phosphorus: 239.38mg (23.94%), Vitamin B6: 0.47mg (23.53%), Fiber: 5.37g (21.48%), Iron: 3.86mg (21.46%), Vitamin B2: 0.36mg (21.05%), Vitamin K: 18.33µg (17.45%), Vitamin B3: 3.42mg (17.12%), Vitamin C: 12.8mg (15.52%), Potassium: 503.69mg (14.39%), Zinc: 1.86mg (12.39%), Magnesium: 48.88mg (12.22%), Vitamin E: 1.8mg (11.97%), Copper: 0.22mg (10.78%), Vitamin A: 495.58IU (9.91%), Vitamin B5: 0.48mg (4.8%), Vitamin B12: 0.28µg (4.59%)