



## Shallot tarte tatin with goat's cheese

 Vegetarian

READY IN



85 min.

SERVINGS



4

CALORIES



862 kcal

DESSERT

### Ingredients

- ☐ 600 g shallots
- ☐ 2 tbsp olive oil
- ☐ 25 g butter
- ☐ 4 tbsp balsamic vinegar
- ☐ 2 tbsp brown sugar light soft
- ☐ 4 thyme sprigs
- ☐ 375 g sheets puff pastry
- ☐ 140 g goat cheese sliced into rounds (we used 140g)

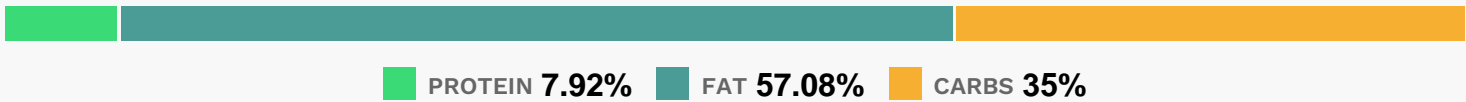
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

# Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the shallots into a heatproof bowl and pour over boiling water to cover. Leave for 10 mins, then drain and peel.
- ☐ Heat the oil and butter in a frying pan.
- ☐ Add the shallots and fry gently for 10–15 mins until softened and lightly browned. Stir in the vinegar and sugar with leaves from 2 thyme sprigs for a few mins until caramelised. Turn off heat and season.
- ☐ Tear remaining thyme sprigs into a few pieces and scatter over the base of a 22cm ovenproof shallow pan, cake or tart tin without a loose base. Tip in the shallots with all their sticky juices.
- ☐ Roll out the pastry until its big enough to cut out a roughly 26cm circle. Lift the pastry circle onto the shallots, then tuck the edges down the inside of the pan.
- ☐ Bake for 25–30 mins until pastry is golden.
- ☐ Leave tart for 5 mins to settle, then turn out of the tin. Dot with rounds of goats cheese and slice into wedges.

# Nutrition Facts



# Properties

Glycemic Index:57.75, Glycemic Load:30.42, Inflammation Score:-9, Nutrition Score:19.845652069734%

# Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

# Nutrients (% of daily need)

Calories: 861.54kcal (43.08%), Fat: 55.33g (85.13%), Saturated Fat: 18.35g (114.69%), Carbohydrates: 76.34g (25.45%), Net Carbohydrates: 69.99g (25.45%), Sugar: 21.03g (23.36%), Cholesterol: 29.54mg (9.85%), Sodium: 426.02mg (18.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.54%), Manganese: 0.97mg (48.62%), Selenium: 25.6µg (36.57%), Vitamin B1: 0.49mg (32.56%), Folate: 129.02µg (32.26%), Vitamin B6: 0.63mg (31.54%), Iron: 5.24mg (29.1%), Vitamin B2: 0.44mg (25.6%), Fiber: 6.35g (25.39%), Copper: 0.51mg (25.38%), Phosphorus: 241.69mg (24.17%), Vitamin B3: 4.39mg (21.93%), Vitamin K: 21.58µg (20.55%), Potassium: 600.85mg (17.17%), Vitamin C: 13.6mg (16.49%), Magnesium: 56.28mg (14.07%), Calcium: 128.79mg (12.88%), Vitamin E: 1.78mg (11.88%), Vitamin A: 572.18IU (11.44%), Zinc: 1.46mg (9.71%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.08µg (1.29%)