



## Shallot Tatin

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



899 kcal

SIDE DISH

### Ingredients

- ☐ 450 g shallots
- ☐ 3 tbsp little demerara sugar
- ☐ 50 g butter
- ☐ 1 tsp thyme sprigs fresh
- ☐ 1 tbsp balsamic vinegar black
- ☐ 500 g puff pastry

### Equipment

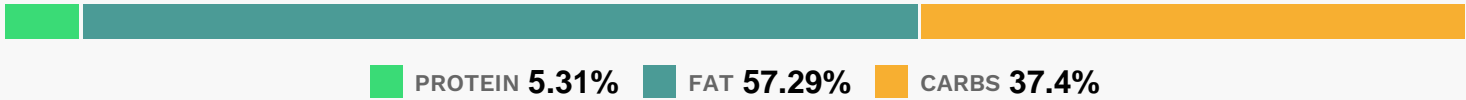
- ☐ frying pan

☐ oven

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pour boiling water over the shallots and leave them until the water cools. (This makes it easier to slip the skins off.) Peel and halve the shallots, then set aside.
- ☐ Put the sugar in a 23cm ovenproof frying pan and heat until it dissolves and you have a sticky caramel.
- ☐ Add the butter, thyme and a splash of balsamic vinegar or cracked black pepper take care as it will spit.
- ☐ Remove the pan from the heat and put all the shallots into the pan, cut-side down. On a lightly floured surface, roll out the pastry and cut out a round 2cm larger than the pan. Drape the pastry over the shallots and tuck in the edges, so that it hugs the shallots.
- ☐ Place the pan in the oven and cook for 25–30 mins until the pastry is puffed up and golden. Leave to rest for 1 min, then invert the tart onto a plate.
- ☐ Serve with a punchy salad of rocket and goats cheese.

## Nutrition Facts



## Properties

Glycemic Index:57.75, Glycemic Load:35.46, Inflammation Score:-8, Nutrition Score:17.261739102395%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

## Nutrients (% of daily need)

Calories: 899.01kcal (44.95%), Fat: 57.88g (89.04%), Saturated Fat: 18.5g (115.62%), Carbohydrates: 84.99g (28.33%), Net Carbohydrates: 79.49g (28.91%), Sugar: 19.31g (21.46%), Cholesterol: 26.88mg (8.96%), Sodium: 406.33mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.15%), Manganese: 0.95mg (47.57%), Selenium: 31.73µg (45.32%), Vitamin B1: 0.57mg (37.71%), Folate: 136.21µg (34.05%), Vitamin B3: 5.44mg (27.22%), Iron: 4.65mg (25.83%), Vitamin B2: 0.38mg (22.44%), Fiber: 5.5g (22.01%), Vitamin K: 21.9µg (20.86%), Vitamin B6: 0.42mg (20.77%), Phosphorus: 146.56mg (14.66%), Potassium: 463.31mg (13.24%), Copper: 0.24mg (12.22%), Vitamin C: 9.32mg (11.3%), Magnesium: 44.85mg (11.21%), Zinc: 1.13mg (7.56%), Vitamin E: 1.01mg (6.73%), Vitamin A: 327.63IU (6.55%), Calcium: 60.1mg (6.01%), Vitamin B5: 0.34mg (3.41%)