



Simple Leek and Ricotta Tarts

READY IN



45 min.

SERVINGS



4

CALORIES



1127 kcal

Ingredients

- ☐ 1.5 ounces butter melted
- ☐ 2 eggs
- ☐ 1 pound ricotta cheese fresh
- ☐ 1 leek trimmed finely sliced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 20 ounces ready-prepared puff pastry
- ☐ 4 servings sea salt and cracked pepper black
- ☐ 2 teaspoons thyme leaves

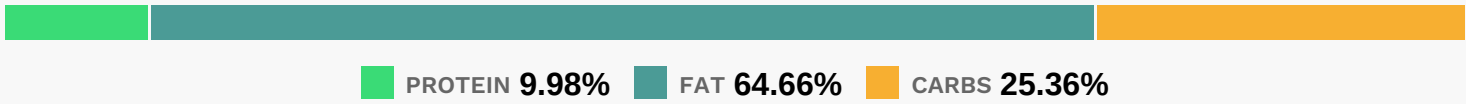
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 180°C (355°F).
- ☐ Place the ricotta, parmesan and eggs in a bowl and whisk until smooth.
- ☐ Roll out the pastry on a lightly floured surface until 3 mm (1/8 inch) thick.
- ☐ Cut into 4 x 15 cm (6 inch) squares and place on baking trays lined with non-stick baking paper.
- ☐ Spread the ricotta mixture over the pastry squares leaving a 2 cm (3/4 inch) border.
- ☐ Place the leek on top of the ricotta mixture and brush with the butter.
- ☐ Sprinkle with the thyme, salt, and pepper and bake for 25–30 minutes or until the leek is golden.
- ☐ Serve with the fennel and parsley salad.
- ☐ From Instant Entertaining by by Donna Hay, (C) 2006 The Ecco Press

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:36.47, Inflammation Score:-9, Nutrition Score:23.810434839%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1126.92kcal (56.35%), Fat: 81.27g (125.03%), Saturated Fat: 30.21g (188.81%), Carbohydrates: 71.72g (23.91%), Net Carbohydrates: 69.05g (25.11%), Sugar: 2.32g (2.57%), Cholesterol: 167.97mg (55.99%), Sodium:

855.51mg (37.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.44%), Selenium: 60.02µg (85.74%), Vitamin B2: 0.76mg (44.67%), Manganese: 0.83mg (41.74%), Vitamin B1: 0.6mg (40.25%), Folate: 149.89µg (37.47%), Phosphorus: 358.8mg (35.88%), Vitamin K: 35.44µg (33.75%), Calcium: 336.33mg (33.63%), Vitamin B3: 6.16mg (30.8%), Iron: 5.12mg (28.44%), Vitamin A: 1362.99IU (27.26%), Zinc: 2.68mg (17.84%), Magnesium: 48.03mg (12.01%), Copper: 0.24mg (11.81%), Vitamin B12: 0.68µg (11.4%), Vitamin E: 1.6mg (10.7%), Fiber: 2.67g (10.67%), Vitamin B6: 0.18mg (8.83%), Potassium: 296.13mg (8.46%), Vitamin B5: 0.65mg (6.46%), Vitamin C: 4.27mg (5.18%), Vitamin D: 0.7µg (4.65%)