



## Simple Tomato Tart

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



536 kcal

### Ingredients

- 6 servings balsamic vinegar
- 6 servings butter
- 6 servings dijon mustard
- 6 servings thyme sprigs fresh
- 1 package puff pastry
- 6 servings sea salt
- 6 servings tomatoes

### Equipment

- paper towels

- oven
- baking pan

## Directions

- Preheat the oven to 400 degrees. Slice the tomatoes in 1/4 inch slices and salt heavily. This is so that excess water comes out of the tomatoes and keeps the tart from getting soggy. Leave the salted tomatoes aside for ten minutes. After ten minutes, use a paper towel to wipe off extra salt and moisture from the tomatoes. Arrange the puff pastry in a pie or regular baking dish. Make sure to add a little bit of butter into the tray before putting the pastry in to prevent it from sticking.
- Spread the Dijon evenly over the pastry.
- Add 1 teaspoon of thyme then arrange the tomatoes on top of the Dijon and thyme.
- Add the other teaspoon of thyme over the tomatoes.
- Drizzle the balsamic vinegar on top.
- Garnish with a few sprigs of thyme.
- Bake for 45 minutes or until the pastry is a deep caramel color. You want to take it out just before the edges begin to char, and not sooner. More tomato recipes On Food Republic: Tomates Farcies Recipe
- Basic Tomato Sauce
- Heirloom Tomato Chutney Recipe

## Nutrition Facts



**PROTEIN 5.86%** **FAT 59.37%** **CARBS 34.77%**

## Properties

Glycemic Index:45.17, Glycemic Load:23.21, Inflammation Score:-9, Nutrition Score:15.25043486577%

## Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg 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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 536.37kcal (26.82%), Fat: 35.72g (54.95%), Saturated Fat: 10.51g (65.7%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 43.33g (15.76%), Sugar: 7.8g (8.67%), Cholesterol: 10.75mg (3.58%), Sodium: 497.06mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Vitamin A: 1676.23IU (33.52%), Manganese: 0.66mg (33.16%), Vitamin C: 26.28mg (31.86%), Selenium: 21.51µg (30.73%), Vitamin B1: 0.4mg (26.79%), Vitamin K: 27.79µg (26.47%), Folate: 91.65µg (22.91%), Vitamin B3: 4.52mg (22.61%), Iron: 2.95mg (16.38%), Vitamin B2: 0.28mg (16.18%), Fiber: 3.74g (14.96%), Potassium: 509.17mg (14.55%), Copper: 0.21mg (10.64%), Vitamin E: 1.55mg (10.31%), Phosphorus: 102.9mg (10.29%), Magnesium: 38.89mg (9.72%), Vitamin B6: 0.17mg (8.41%), Zinc: 0.81mg (5.38%), Calcium: 39.01mg (3.9%), Vitamin B5: 0.18mg (1.85%)