



Smoked Gouda and Leek Tart

READY IN



55 min.

SERVINGS



8

CALORIES



251 kcal

Ingredients

- ☐ 2 tablespoons chives finely chopped
- ☐ 0.5 cup coarsely gouda cheese smoked grated
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2.5 cups leeks dried light white green rinsed thinly sliced well (and parts only)
- ☐ 0.3 cup freshly and parmesan finely grated (use a microplane grater or the smallest holes on a box grater)
- ☐ 1 sheet puff pastry frozen thawed

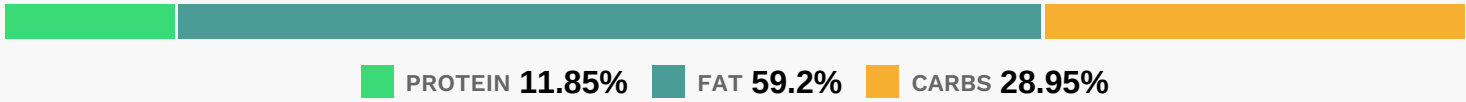
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. On a lightly floured surface, roll the puff pastry to a 13-inch-by-10-inch rectangle and transfer to a parchment-lined baking sheet. Prick the pastry all over with a fork and scatter with the leeks and both cheeses.
- ☐ Sprinkle with a pinch of kosher salt and 1/4 teaspoon pepper.
- ☐ Bake until the pastry is a deep golden brown and the leeks are tender, 25 to 30 minutes. Cool for 10 minutes.
- ☐ Garnish with the chopped chives, cut into 16 or 24 pieces and serve.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:8.72, Inflammation Score:-5, Nutrition Score:7.6165218249611%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 251.08kcal (12.55%), Fat: 16.62g (25.57%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 17.28g (6.28%), Sugar: 1.68g (1.87%), Cholesterol: 18.98mg (6.33%), Sodium: 253.03mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.97%), Vitamin K: 20.16µg (19.2%), Calcium: 161.11mg (16.11%), Selenium: 10.55µg (15.07%), Manganese: 0.3mg (15.05%), Phosphorus: 131.13mg (13.11%), Vitamin A: 604.79IU (12.1%), Folate: 45.82µg (11.45%), Vitamin B1: 0.14mg (9.66%), Vitamin B2: 0.16mg (9.17%), Iron: 1.45mg (8.06%), Vitamin B3: 1.41mg (7.06%), Zinc: 0.86mg (5.76%), Magnesium: 18.84mg (4.71%), Vitamin C: 3.77mg (4.57%), Vitamin B12: 0.27µg (4.42%), Vitamin B6: 0.09mg (4.36%), Fiber: 1g (4.02%), Copper: 0.08mg (3.86%), Vitamin E: 0.47mg (3.11%), Potassium: 93.06mg (2.66%), Vitamin B5: 0.11mg (1.07%)