



## Spinach and Roasted Red Pepper Tart

READY IN



55 min.

SERVINGS



4

CALORIES



560 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounce leaf spinach and butter sauce green frozen thawed drained (such as Giant)
- ☐ 0.8 cup egg substitute
- ☐ 0.5 cup feta cheese with basil and sun-dried tomatoes crumbled reduced-fat
- ☐ 15 ounce piecrust refrigerated
- ☐ 0.5 cup bottled roasted peppers red drained chopped
- ☐ 0.3 teaspoon salt

### Equipment

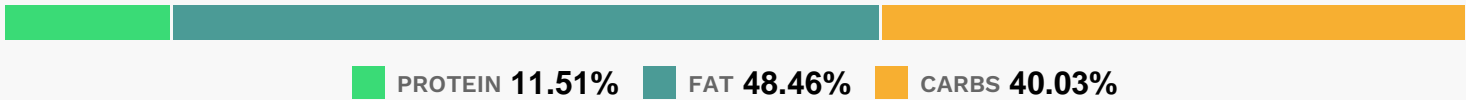
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ tart form

## Directions

- ☐ Preheat oven to 40
- ☐ Unroll dough, and roll into a 12-inch circle. Fit dough into a 9-inch round removable bottom tart pan coated with cooking spray; press dough against sides of pan. Pierce bottom and sides of dough with a fork.
- ☐ Place pan on bottom rack in oven.
- ☐ Bake at 400 for 14 minutes or until golden.
- ☐ While crust bakes, combine spinach, peppers, and cheese in a bowl.
- ☐ Combine egg substitute, salt, and pepper in another bowl.
- ☐ Remove crust from oven; sprinkle spinach mixture over bottom of crust.
- ☐ Pour egg substitute mixture over spinach mixture. Return tart to bottom rack.
- ☐ Bake 37 additional minutes or until crust is golden brown and custard is set.
- ☐ Cut into 8 wedges.
- ☐ Serve now or later
- ☐ This dish can easily be prepared the night you serve it or prepped up to a day ahead. To prep this recipe ahead of time, fit the dough in the tart pan, prepare the egg mixture, and store separately in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:19.340435079906%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 560.3kcal (28.01%), Fat: 30.27g (46.57%), Saturated Fat: 10.04g (62.77%), Carbohydrates: 56.27g (18.76%), Net Carbohydrates: 52.59g (19.12%), Sugar: 2.24g (2.48%), Cholesterol: 10.04mg (3.35%), Sodium: 1080.26mg (46.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.35%), Vitamin K: 80.56µg (76.72%), Vitamin A: 2541.34IU (50.83%), Selenium: 25.13µg (35.9%), Folate: 136.18µg (34.04%), Manganese: 0.64mg (32.19%), Vitamin B1: 0.39mg (26.08%), Iron: 4.69mg (26.04%), Vitamin B2: 0.4mg (23.76%), Vitamin B3: 3.28mg (16.42%), Fiber: 3.68g (14.72%), Phosphorus: 136.03mg (13.6%), Vitamin C: 10.98mg (13.31%), Vitamin B5: 1.29mg (12.92%), Potassium: 394.89mg (11.28%), Vitamin B6: 0.2mg (10.13%), Vitamin E: 1.33mg (8.89%), Calcium: 85.67mg (8.57%), Magnesium: 34.05mg (8.51%), Zinc: 1.09mg (7.3%), Copper: 0.13mg (6.27%), Vitamin D: 0.72µg (4.8%), Vitamin B12: 0.15µg (2.55%)