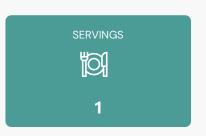


# **Spinach & Onion Puff Tart**







### Ingredients

1 serving pepper black freshly ground
50 g cheddar hard grated
1 garlic clove cut into slivers
2 tbsp olive oil
1 onion finely chopped quartered
375 g ready-made all-butter puff pastry
1 serving sea salt
400 g pkt spinach
1 tsp thyme leaves chopped

Equipment		
	frying pan	
	sauce pan	
	oven	
	pot	
	baking pan	
	colander	
Directions		
	Preheat the oven to 190c / gas	
	Grease a baking tray or line with a non-stick liner. If the spinach is mature, tear out any tough stalks. Wash the spinach thoroughly, then pack it, with just the water that clings to it, into a saucepan. Cover, put over a medium heat and wilt the spinach in it's own liquid - this takes only a few minutes.	
	Drain and leave in a colander to cool. When cool enough to handle, squeeze out as much liquid as you can with your hands, then chop the spinach roughly. Meanwhile, heat the oil in a frying pan over a medium heat.	
	Add the onion and cook gently, stirring often, for 10-15 minutes, until really soft and golden.	
	Add the garlic for the last few minutes.	
	Add the thyme leaves, then the chopped spinach, season if you like.	
	Roll out the puff pastry on a lightly floured surface to a square about 5mm thick, and lift onto the baking tray.	
	Spread the spinach mix over the pastry, leaving a margin along the edges. Scatter over the grated cheese and bake for 15–20 minutes or until the pastry has puffed and golden, and the cheese is turning golden too.	
	Serve warm or cold.Notes: I wash my spinach in a colander and then pour a kettle worth of boiling water over the spinach to wilt it. I feel there is no need for a pot. I also used dried thyme as I didn't have any fresh thyme.	

## **Nutrition Facts**

### **Properties**

Glycemic Index:249, Glycemic Load:96.32, Inflammation Score:-10, Nutrition Score:71.601739302925%

#### **Flavonoids**

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 26.24mg, Kaempferol: 26.24mg, Kaempferol: 26.24mg, Kaempferol: 26.24mg, Kaempferol: 26.24mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 38.26mg, Quercetin: 38.26mg, Quercetin: 38.26mg, Quercetin: 38.26mg

#### Nutrients (% of daily need)

Calories: 2659.3kcal (132.96%), Fat: 189.58g (291.66%), Saturated Fat: 49.93g (312.07%), Carbohydrates: 196.39g (65.46%), Net Carbohydrates: 179.9g (65.42%), Sugar: 9.31g (10.35%), Cholesterol: 50mg (16.67%), Sodium: 1776.1mg (77.22%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 51.92g (103.84%), Vitamin K: 2011.09μg (1915.32%), Vitamin A: 38053.77IU (761.08%), Manganese: 5.64mg (282.1%), Folate: 1100.37μg (275.09%), Selenium: 109.88μg (156.97%), Vitamin C: 122.76mg (148.8%), Vitamin B1: 1.88mg (125.07%), Vitamin B2: 2.07mg (122.04%), Iron: 21.11mg (117.28%), Magnesium: 402.71mg (100.68%), Vitamin E: 14.58mg (97.18%), Vitamin B3: 18.72mg (93.58%), Calcium: 821.81mg (82.18%), Potassium: 2678.4mg (76.53%), Phosphorus: 687.5mg (68.75%), Fiber: 16.5g (65.98%), Vitamin B6: 1.07mg (53.28%), Copper: 1.02mg (51.09%), Zinc: 6.18mg (41.2%), Vitamin B12: 0.53μg (8.83%), Vitamin B5: 0.62mg (6.24%), Vitamin D: 0.3μg (2%)