



## Spinach & Onion Puff Tart



Vegetarian



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



2659 kcal

### 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



 PROTEIN **7.69%**  FAT **63.21%**  CARBS **29.1%**

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 Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 26.24mg, Kaempferol: 26.24mg, Kaempferol: 26.24mg, Kaempferol: 26.24mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 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 %: 0% (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%)