



Squash, feta & pine nut tart

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



891 kcal

Ingredients

- ☐ 500 g puff pastry
- ☐ 2 tbsp onion
- ☐ 2 tbsp harissa
- ☐ 0.5 butternut squash peeled deseeded very thinly sliced
- ☐ 200 g feta cheese crumbled
- ☐ 1 tbsp pinenuts
- ☐ 1 small bunch mint leaves leaves picked
- ☐ 1 large handful arugula

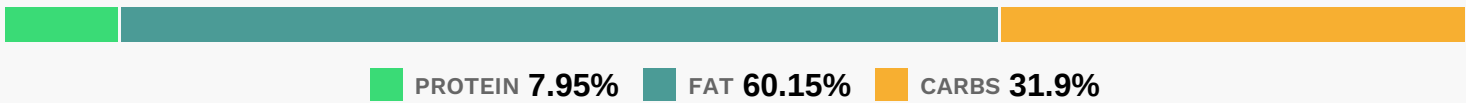
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put a large baking tray on the middle shelf to heat up. On a floured surface, roll out the pastry to a 30cm square. Trim the edges, lightly score a 1cm border around the edge of the tart, and prick the centre all over with a fork.
- ☐ Transfer the pastry base to a sheet of baking parchment.
- ☐ Mix the chutney and harissa, and spread over the middle of the pastry. Arrange the squash in one layer over the top, then season.
- ☐ Put the tart on the hot baking tray and bake for 30 mins.
- ☐ Remove the tart, scatter over the feta and pine nuts, and bake for 20 mins more. Scatter over the mint and rocket to serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:31.18, Inflammation Score:-10, Nutrition Score:28.584347771562%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 891.11kcal (44.56%), Fat: 60.25g (92.69%), Saturated Fat: 18.86g (117.86%), Carbohydrates: 71.89g (23.96%), Net Carbohydrates: 67.62g (24.59%), Sugar: 4.39g (4.88%), Cholesterol: 44.5mg (14.83%), Sodium: 987.41mg (42.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.83%), Vitamin A: 10390.83IU (207.82%), Selenium: 38.36µg (54.8%), Manganese: 1.07mg (53.38%), Vitamin B2: 0.81mg (47.87%), Vitamin B1: 0.69mg (45.96%), Folate: 147.28µg (36.82%), Vitamin B3: 7.1mg (35.49%), Calcium: 317.48mg (31.75%), Phosphorus: 297.49mg (29.75%), Vitamin K: 29.26µg (27.87%), Vitamin C: 22.35mg (27.09%), Iron: 4.51mg (25.08%), Vitamin B6:

0.41mg (20.4%), Magnesium: 72.2mg (18.05%), Fiber: 4.27g (17.07%), Vitamin E: 2.51mg (16.77%), Zinc: 2.46mg (16.4%), Potassium: 511.36mg (14.61%), Vitamin B12: 0.85µg (14.08%), Copper: 0.28mg (13.89%), Vitamin B5: 0.9mg (8.98%), Vitamin D: 0.2µg (1.33%)