



## Summer Vegetable Tart

READY IN



45 min.

SERVINGS



6

CALORIES



524 kcal

### Ingredients

- 1.5 cups flour
- 1 pinch ground pepper generous
- 3 large eggs
- 0.5 medium fennel bulb cored cut lengthwise into 1/2-inch strips
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 0.5 cup ears corn fresh
- 5 ounces goat cheese fresh soft
- 4 tablespoons water ()
- 2 tablespoons olive oil

- 1 small bell pepper red stemmed seeded cut into 1/2-inch strips
- 0.1 teaspoon salt
- 3 tablespoons shortening chilled cut into 1/2-inch cubes
- 0.3 cup cream sour
- 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- 0.5 cup whipping cream
- 5 ounces to 3 sized squashes yellow halved lengthwise
- 5 ounces zucchini halved lengthwise

## Equipment

- bowl
- frying pan
- oven
- whisk
- tart form

## Directions

- Blend flour and salt in processor. Using on/off turns, cut in butter and shortening until pea-size pieces form. With machine running, add enough ice water by tablespoonfuls to form moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate 1 hour. (Can be made 1 day ahead. Keep refrigerated. Soften dough slightly at room temperature before continuing.)
- Roll out dough on lightly floured surface to 12-inch round.
- Transfer to 9-inch-diameter tart pan with removable bottom. Trim dough overhang to 1 inch. Fold overhang in; press to form double-thick sides. Pierce bottom of dough all over with fork. Refrigerate 1 hour.
- Preheat oven to 400°F.
- Bake crust until golden, piercing with fork if bubbles form, about 20 minutes. Cool 5 minutes. Reduce oven temperature to 375°F.
- Whisk cheese, cream, sour cream, salt, and cayenne in medium bowl to blend.

- Add eggs and whisk to blend.
- Pour into prepared crust.
- Bake until filling is set, about 20 minutes. Cool 10 minutes.
- Meanwhile, heat oil in large skillet over medium heat.
- Add bell pepper and fennel and sauté until beginning to soften, about 4 minutes.
- Add zucchini, yellow squash, and corn; sauté until all vegetables are tender, about 12 minutes. Season with salt and pepper. Mound vegetables on top of tart and sprinkle with basil.
- Serve warm or at room temperature.

## Nutrition Facts



**PROTEIN 9.8%** **FAT 66.85%** **CARBS 23.35%**

### Properties

Glycemic Index:61.83, Glycemic Load:18.03, Inflammation Score:-8, Nutrition Score:16.587391148443%

### Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

### Nutrients (% of daily need)

Calories: 524.13kcal (26.21%), Fat: 39.47g (60.72%), Saturated Fat: 19.33g (120.84%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 28.56g (10.39%), Sugar: 4.46g (4.95%), Cholesterol: 162.03mg (54.01%), Sodium: 197.07mg (8.57%), Alcohol: 0g (100%), Protein: 13.02g (26.05%), Vitamin C: 27.53mg (33.37%), Vitamin A: 1651.64IU (33.03%), Vitamin B2: 0.5mg (29.2%), Selenium: 20.34µg (29.06%), Folate: 102.57µg (25.64%), Vitamin K: 25.96µg (24.72%), Vitamin B1: 0.33mg (21.95%), Phosphorus: 207.96mg (20.8%), Manganese: 0.41mg (20.38%), Iron: 2.85mg (15.82%), Vitamin E: 2.32mg (15.43%), Copper: 0.29mg (14.62%), Vitamin B6: 0.27mg (13.72%), Vitamin B3: 2.68mg (13.41%), Vitamin B5: 1.08mg (10.8%), Potassium: 373.55mg (10.67%), Fiber: 2.46g (9.84%), Calcium: 97.52mg (9.75%), Magnesium: 34.37mg (8.59%), Zinc: 1.13mg (7.51%), Vitamin D: 1.12µg (7.48%), Vitamin B12: 0.34µg (5.72%)