



Summer Vegetable Tart

READY IN



45 min.

SERVINGS



6

CALORIES



524 kcal

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1 pinch cayenne pepper generous
- ☐ 3 large eggs
- ☐ 0.5 medium fennel bulb cored cut lengthwise into 1/2-inch strips
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 cup corn kernels fresh
- ☐ 5 ounces goat cheese fresh soft
- ☐ 4 tablespoons ice water ()
- ☐ 2 tablespoons olive oil
- ☐ 1 small bell pepper red stemmed seeded cut into 1/2-inch strips

- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons solid vegetable shortening chilled cut into 1/2-inch cubes
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 0.5 cup whipping cream
- ☐ 5 ounces baby squash yellow halved lengthwise
- ☐ 5 ounces zucchini halved lengthwise

Equipment

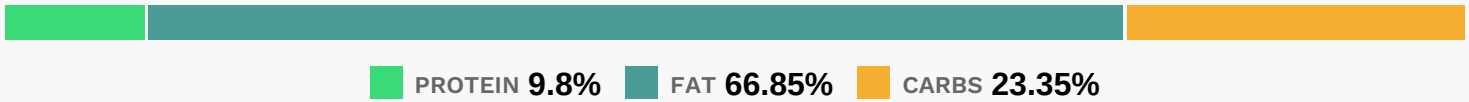
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ tart form

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



Properties

Glycemic Index:50.17, Glycemic Load:18.02, Inflammation Score:-8, Nutrition Score:16.482608712238%

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: 524.06kcal (26.2%), Fat: 39.47g (60.72%), Saturated Fat: 19.33g (120.84%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.56g (10.38%), Sugar: 4.46g (4.95%), Cholesterol: 162.03mg (54.01%), Sodium: 197.05mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.03%), Vitamin C: 27.47mg (33.3%), Vitamin A: 1634.06IU (32.68%), Vitamin B2: 0.5mg (29.18%), Selenium: 20.34µg (29.05%), Folate: 102.34µg (25.58%), Vitamin K: 24.57µg (23.4%), Vitamin B1: 0.33mg (21.95%), Phosphorus: 207.78mg (20.78%), Manganese: 0.4mg (20.19%), Iron: 2.84mg (15.76%), Vitamin E: 2.31mg (15.42%), Copper: 0.29mg (14.56%), Vitamin B6: 0.27mg (13.69%), Vitamin B3: 2.68mg (13.39%), Vitamin B5: 1.08mg (10.79%), Potassium: 372.57mg (10.64%), Fiber: 2.45g (9.82%), Calcium: 96.93mg (9.69%), Magnesium: 34.16mg (8.54%), Zinc: 1.12mg (7.49%), Vitamin D: 1.12µg (7.48%), Vitamin B12: 0.34µg (5.72%)