



Swiss Chard and Herb Tart

READY IN



210 min.

SERVINGS



6

CALORIES



425 kcal

DESSERT

Ingredients

- 1 cup aged cheddar cheese shredded shaved for topping
- 1 large eggs lightly beaten
- 1.3 cups flour for dusting all-purpose plus more
- 0.3 cup optional: dill fresh chopped
- 0.5 cup parsley fresh chopped
- 0.5 cup half-and-half
- 6 servings kosher salt and pepper freshly ground
- 1 teaspoon lemon zest grated
- 0.1 teaspoon nutmeg freshly grated

- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt fine
- 0.5 teaspoon sugar
- 1 bunch swiss chard
- 1 stick butter unsalted cold cut into small pieces

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- aluminum foil
- springform pan

Directions

- Put the flour, sugar and fine salt in a food processor and pulse to combine.
- Add the butter and pulse until the mixture looks like coarse meal.
- Add 2 tablespoons ice water and pulse until the dough just comes together, adding up to 2 more tablespoons ice water if needed.
- Transfer to a sheet of plastic wrap and pat into a disk; wrap and refrigerate until firm, about 1 hour.
- Coat a 9-inch springform pan with cooking spray.
- Roll out the dough into a 12-inch round on a floured surface. Ease into the prepared pan and press into the bottom and up the side; trim to make a 2-inch-high crust. Prick the bottom a few times with a fork; refrigerate 30 minutes. Preheat the oven to 350 degrees F.

- Place the dough-lined pan on a baking sheet. Line the dough with foil and fill with pie weights or dried beans.
- Bake until the edges are just lightly golden, about 20 minutes.
- Remove the foil and weights; continue baking until the crust is lightly golden all over, 15 to 20 more minutes.
- Transfer to a rack to cool completely. (The crust can be made a day ahead; cover and store at room temperature.)
- Make the filling: Thinly slice the Swiss chard leaves and cut the stems into 1/4-inch slices.
- Heat the olive oil in a large skillet over medium-high heat.
- Add the onion and chard stems, season with kosher salt and pepper and cook, stirring occasionally, until the onion is soft and just beginning to brown, about 10 minutes.
- Add the dill and lemon zest and cook, stirring, 30 seconds.
- Add the chard leaves and cook, stirring, until wilted, about 4 minutes.
- Remove from the heat and stir in the parsley, 3/4 teaspoon kosher salt, and pepper to taste.
- Let the filling cool, then squeeze out the excess moisture.
- Transfer the filling to a food processor; pulse until coarsely chopped.
- Transfer to a bowl and stir in the shredded cheddar, half-and-half, parmesan, egg and nutmeg.
- Pour into the crust and bake until set, 45 to 50 minutes. Top immediately with shaved cheddar and let melt.
- Serve warm or at room temperature.
- Photograph by Christina Holmes

Nutrition Facts



■ PROTEIN **10.66%**
■ FAT **64.97%**
■ CARBS **24.37%**

Properties

Glycemic Index:58.02, Glycemic Load:15.53, Inflammation Score:-10, Nutrition Score:21.280000033586%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 424.93kcal (21.25%), Fat: 31.08g (47.81%), Saturated Fat: 16.34g (102.13%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.16g (8.79%), Sugar: 2.74g (3.04%), Cholesterol: 101.01mg (33.67%), Sodium: 721.75mg (31.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Vitamin K: 502.09µg (478.18%), Vitamin A: 4442.71IU (88.85%), Vitamin C: 25.28mg (30.65%), Selenium: 19.56µg (27.94%), Calcium: 246.16mg (24.62%), Vitamin B2: 0.37mg (21.81%), Manganese: 0.43mg (21.4%), Phosphorus: 213.61mg (21.36%), Folate: 78.04µg (19.51%), Vitamin B1: 0.26mg (17.04%), Vitamin E: 2.41mg (16.08%), Iron: 2.83mg (15.71%), Magnesium: 61.71mg (15.43%), Zinc: 1.54mg (10.28%), Potassium: 351.9mg (10.05%), Vitamin B3: 1.91mg (9.53%), Fiber: 2.06g (8.26%), Copper: 0.16mg (8.21%), Vitamin B12: 0.4µg (6.67%), Vitamin B6: 0.13mg (6.65%), Vitamin B5: 0.55mg (5.5%), Vitamin D: 0.58µg (3.89%)