



Taleggio, bacon & spring onion tart

READY IN



90 min.

SERVINGS



6

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 230 g pack ready rolled all-butter shortcrust pastry good (Sara Lee, from Sainsbury's, is exceptionally)
- ☐ 4 rashers unsmoked back bacon cut into lardons (small cubes)
- ☐ 6 spring onion chopped
- ☐ 284 ml carton double cream
- ☐ 150 ml milk
- ☐ 2 large eggs and 2 egg yolks
- ☐ 140 g taleggio cheese cut into 1cm cubes

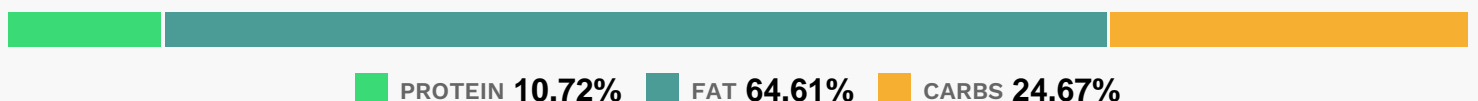
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Line a 4cm deep, 22cm loose-bottomed tart tin with the pastry, letting the excess hang over the top edge. Prick the base, fill with crumpled foil and bake blind for 15 minutes.
- ☐ Meanwhile, cook the bacon in a non-stick pan over a fairly high heat for 5 minutes until browned and quite crisp.
- ☐ Remove with a slotted spoon and drain on kitchen paper. Cook the spring onions in the fat over a moderate heat for 1 minute until softened.
- ☐ Remove with slotted spoon and tip over the bacon.
- ☐ Take the pastry case out of the oven and remove the foil. Reduce the heat to fan 160C/conventional 180C/gas
- ☐ Beat the cream, milk, eggs and egg yolks. Stir in the bacon, spring onions and a little salt, then pour into the case. Scatter with the cheese and black pepper, then bake for 30 minutes until pale golden and just firm to the touch.
- ☐ Remove from the oven and trim excess pastry with a knife. Leave in the tin to cool a little, then slide on to a wire rack and leave until cold.
- ☐ For a picnic, make the tart up to 6 hours ahead and return it to the clean tin once its cold. Wrap the whole thing in cling film or foil and keep in a cool place (not the fridge or it will get soggy).

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:8.02, Inflammation Score:-7, Nutrition Score:10.084782662599%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 381.85kcal (19.09%), Fat: 27.72g (42.64%), Saturated Fat: 16.72g (104.51%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 22.77g (8.28%), Sugar: 3.01g (3.35%), Cholesterol: 136.87mg (45.62%), Sodium: 493.57mg (21.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Vitamin A: 1398.07IU (27.96%), Vitamin K: 27.44µg (26.13%), Calcium: 209.36mg (20.94%), Selenium: 14.26µg (20.37%), Vitamin B2: 0.3mg (17.44%), Vitamin B1: 0.25mg (16.86%), Folate: 51.62µg (12.9%), Phosphorus: 110.57mg (11.06%), Manganese: 0.21mg (10.32%), Vitamin D: 1.37µg (9.13%), Iron: 1.61mg (8.97%), Vitamin B3: 1.72mg (8.62%), Vitamin B12: 0.33µg (5.51%), Vitamin B5: 0.52mg (5.15%), Vitamin E: 0.7mg (4.63%), Potassium: 153.87mg (4.4%), Fiber: 1.04g (4.16%), Zinc: 0.59mg (3.96%), Magnesium: 14.97mg (3.74%), Vitamin B6: 0.07mg (3.68%), Vitamin C: 2.54mg (3.08%), Copper: 0.06mg (2.94%)