



Tangy Tomato Tart (Pie)

READY IN



60 min.

SERVINGS



10

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons grainy dijon mustard
- ☐ 1 sprig thyme leaves fresh
- ☐ 1 teaspoon garlic pressed
- ☐ 1.5 teaspoons honey
- ☐ 6 tablespoons olive oil
- ☐ 1 sprig oregano fresh
- ☐ 1 tablespoon parmesan cheese grated to taste
- ☐ 3 tomatoes cut into 1/4-inch slices
- ☐ 1 10-inch unbaked flaky pie crust ()

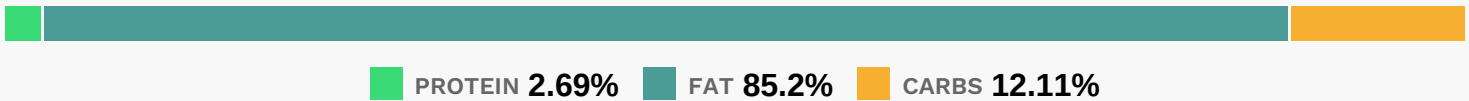
Equipment

- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch tart pan with butter.
- ☐ Lay the pie crust into the prepared tart pan.
- ☐ Whisk leaves from 3 sprigs oregano and 3 sprigs thyme with Dijon mustard, honey, garlic, and olive oil to a creamy paste.
- ☐ Spread mixture over the bottom of the pie crust to completely cover.
- ☐ Lay tomato slices over the mustard mixture, covering the bottom of the crust.
- ☐ Sprinkle Parmesan cheese over the tart; top with leaves from 1 sprig oregano and 1 sprig thyme.
- ☐ Bake in the preheated oven until the crust is golden brown and the filling is cooked through, about 45 minutes.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:2.4882608588947%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 89.1kcal (4.46%), Fat: 8.73g (13.43%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.88g (2.08%), Cholesterol: 0.44mg (0.14%), Sodium: 36.07mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin E: 1.46mg (9.71%), Vitamin K: 9.27µg (8.83%), Vitamin C: 5.33mg (6.46%), Vitamin A: 321.48IU (6.43%), Manganese: 0.07mg (3.49%), Potassium: 96.81mg (2.77%), Fiber: 0.65g (2.6%), Vitamin B6: 0.04mg (1.9%), Iron: 0.29mg (1.6%), Folate: 6.34µg (1.59%), Phosphorus: 15.43mg (1.54%), Magnesium: 6.13mg (1.53%), Selenium: 1.01µg (1.44%), Calcium: 13.84mg (1.38%), Copper: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.29%), Vitamin B3: 0.25mg (1.25%)