



## Tantalizing White Onion & Tuna Tart

READY IN



45 min.

SERVINGS



6

CALORIES



797 kcal

### Ingredients

- 2 sheets puff pastry frozen thawed
- 2 tbsp butter generous
- 3 large onion white peeled halved sliced
- 3 large eggs
- 1 cup heavy whipping cream
- 6 servings pepper black freshly ground to taste
- 1 pinch nutmeg freshly ground
- 0.5 cup mild cheddar cheese fresh such as gruyere, asiago, or mild cheddar flavored
- 1 lbs fish fillet wild thick cut into 1/2" chunks flavored

## Equipment

- oven
- whisk
- baking pan
- rolling pin
- dutch oven
- pie form

## Directions

- Cut fish into 1/2 thick slices (if its not already).
- Sprinkle salt and fresh ground black pepper liberally all over the fish, and set aside.
- Melt butter in a Dutch oven over medium heat
- Add the onions and saute for a few minutes, until they become translucent. Be sure not to brown them in any way.
- reduce heat to very low, cover the Dutch oven tightly, and cook onions for about 20 minutes, stirring once or twice to prevent browning. Onions should be fully flavored, lightly yellow, but not brown, and most of the onion juices should be gone. If this state isnt reached in 20 minutes, cover and cook longer, checking every 5 minutes for doneness.
- Whisk the eggs and cream together
- Remove onions from heat, add egg and cream mixture and stir very thoroughly, until creamy and uniform.
- Season with salt and pepper to taste, add nutmeg.
- Finally, add the cheese and stir gently to distribute.
- Add paprika if desire.
- Sprinkle the surface of the table with flour lightly
- Roll out puff pastry to be slightly larger than the baking pan (I used a 10 pie pan).
- Line the baking pan with the layer of puff pastry, press it into the sides of the pan to form a pie shell.
- Pierce the shell all over with the fork

- Fold out half of the egg and onion mixture into the baking pan
- Arrange the fish slices over in a single layer, covering the entire surface of the pie
- Fold out the other half of the egg and onion mixture over the fish layer
- If you wish to make patterns in the pie, make them at this time. I improvised and used a plastic cap of a water bottle to cut out incomplete circles in the crust. While baking, the circles puffed out and shrunk, creating little peek-a-boo openings in the pie.
- Carefully transfer the top pie crust onto the top of the pie. Stretch out if necessary to distribute your patterns nicely.
- Using a rolling pin, press the pie crusts together to the rim of the baking pan, thus cutting the extras off without stretching the crusts.
- Bake for about 30 minutes at 425F, or until the egg and onion mixture is set in the middle, and pie crust is golden and flaky.

## Nutrition Facts

**PROTEIN 14.2%**

**FAT 63.11%**

**CARBS 22.69%**

### Properties

Glycemic Index:43.67, Glycemic Load:21.6, Inflammation Score:-8, Nutrition Score:21.048260869565%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

### Taste

Sweetness: 18.29%, Saltiness: 19.56%, Sourness: 3.1%, Bitterness: 1.73%, Savoriness: 11.49%, Fattiness: 100%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 796.66kcal (39.83%), Fat: 56.28g (86.58%), Saturated Fat: 22.54g (140.88%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 42.96g (15.62%), Sugar: 5.12g (5.69%), Cholesterol: 195.22mg (65.07%), Sodium: 383.94mg (16.69%), Protein: 28.5g (57%), Selenium: 63.32µg (90.46%), Vitamin B3: 6.5mg (32.48%), Phosphorus: 316.55mg (31.66%), Vitamin B2: 0.53mg (31.25%), Folate: 111.69µg (27.92%), Vitamin B1: 0.41mg (27.47%), Manganese: 0.55mg (27.46%), Vitamin B12: 1.59µg (26.47%), Vitamin D: 3.53µg (23.56%), Vitamin A: 933.77IU

(18.68%), Iron: 3.18mg (17.66%), Vitamin K: 16.57µg (15.78%), Vitamin B6: 0.29mg (14.66%), Calcium: 141.62mg (14.16%), Potassium: 470.11mg (13.43%), Magnesium: 49.87mg (12.47%), Zinc: 1.58mg (10.55%), Vitamin E: 1.57mg (10.45%), Copper: 0.21mg (10.38%), Fiber: 2.56g (10.24%), Vitamin B5: 0.99mg (9.9%), Vitamin C: 5.79mg (7.02%)