



Tarte aux Moutarde (French Tomato and Mustard Pie)

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



75 kcal

Ingredients

- 0.5 cup grainy brown mustard
- 2 tablespoons herbs de provence
- 6 slices swiss cheese
- 3 large tomatoes ripe thinly sliced

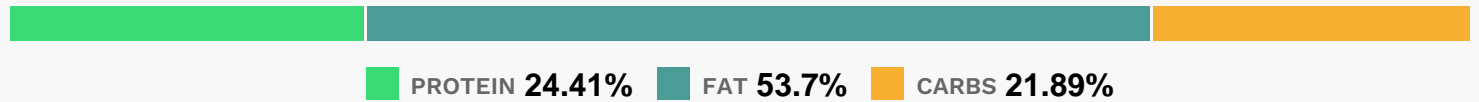
Equipment

- oven
- pie form

Directions

- Preheat oven to 375 degrees F (190 degrees C). Fit the pie crust into a 9-inch pie dish. With a fork, poke holes into the bottom of the crust.
- Spread the mustard over the bottom of the pie crust in an even layer. Cover the mustard with the Swiss cheese in a layer. Arrange slices of tomato, overlapping in a spiral from the edge to the center, covering up the cheese.
- Drizzle olive oil over the tomatoes, and sprinkle the tart with the herbes de Provence.
- Bake in the preheated oven until the crust has browned, the cheese has melted, and the tomatoes are curled at the edges, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:7.1939130606859%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 74.65kcal (3.73%), Fat: 4.69g (7.21%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 2.44g (0.89%), Sugar: 2.03g (2.26%), Cholesterol: 11.86mg (3.95%), Sodium: 198.74mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin K: 22.95µg (21.86%), Calcium: 149mg (14.9%), Vitamin A: 723.4IU (14.47%), Selenium: 9.18µg (13.11%), Vitamin C: 9.91mg (12.02%), Manganese: 0.22mg (11.1%), Phosphorus: 108.38mg (10.84%), Iron: 1.68mg (9.36%), Fiber: 1.86g (7.43%), Vitamin B12: 0.38µg (6.42%), Potassium: 202.29mg (5.78%), Zinc: 0.83mg (5.56%), Magnesium: 21.39mg (5.35%), Vitamin B1: 0.06mg (4.08%), Vitamin B6: 0.08mg (3.99%), Vitamin B2: 0.07mg (3.87%), Vitamin E: 0.57mg (3.83%), Folate: 15.21µg (3.8%), Copper: 0.07mg (3.32%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.16mg (1.62%)