



Tomato and Artichoke Tart

 Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

866 kcal

Ingredients

- ☐ 0.5 cup mozzarella cheese fresh
- ☐ 0.5 cup goat cheese crumbles
- ☐ 1 tablespoon penzey's southwest seasoning italian (recommended: McCormick)
- ☐ 1 jar marinated artichoke hearts dry drained (recommended: Cara Mia)
- ☐ 0.3 cup oil-packed sun-dried tomatoes dry julienned drained (5)
- ☐ 17.3 ounce puff pastry sheet thawed (recommended: Pepperidge Farm)

Equipment

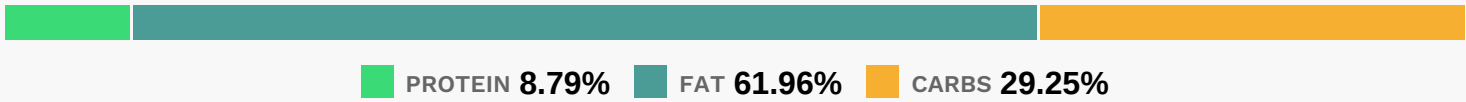
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper; set aside.
- ☐ Roll out each puff pastry sheet to a 12 by 14-inch rectangle.
- ☐ Place on the baking sheet and fold over the edges of each pastry to form a 1/2-inch border. Prick the bottom of pastry with a fork; set aside.
- ☐ Arrange tomatoes, artichoke hearts, and cheeses on puff pastry.
- ☐ Sprinkle with Italian seasoning.
- ☐ Bake in preheated oven for 20 to 25 minutes or until edges are puffed and golden brown.
- ☐ Cut into serving portions and serve hot.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:31.23, Inflammation Score:-7, Nutrition Score:19.690000031305%

Nutrients (% of daily need)

Calories: 866.21kcal (43.31%), Fat: 59.98g (92.27%), Saturated Fat: 18.28g (114.27%), Carbohydrates: 63.71g (21.24%), Net Carbohydrates: 59.36g (21.58%), Sugar: 5.23g (5.81%), Cholesterol: 24.11mg (8.04%), Sodium: 669.12mg (29.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Selenium: 33.41µg (47.72%), Manganese: 0.86mg (43.13%), Vitamin B1: 0.56mg (37.51%), Vitamin B2: 0.55mg (32.11%), Vitamin K: 32.29µg (30.75%), Vitamin B3: 6.13mg (30.67%), Iron: 5.34mg (29.66%), Folate: 109.22µg (27.3%), Copper: 0.49mg (24.36%), Phosphorus: 230.25mg (23.03%), Vitamin A: 915.36IU (18.31%), Fiber: 4.35g (17.39%), Calcium: 161.23mg (16.12%), Vitamin C: 12.55mg (15.21%), Potassium: 422.98mg (12.09%), Magnesium: 48.12mg (12.03%), Zinc: 1.54mg (10.24%), Vitamin B6: 0.15mg (7.27%), Vitamin E: 0.97mg (6.46%), Vitamin B12: 0.37µg (6.22%), Vitamin B5: 0.42mg (4.16%), Vitamin D: 0.17µg (1.13%)