



Tomato and Cheddar Tarts

READY IN



15 min.

SERVINGS



4

CALORIES



868 kcal

Ingredients

- 10 oz bagged shredded
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil
- 14 oz onion spanish thinly sliced
- 15 oz pie crust (with 2 crusts) prepared
- 1 teaspoon salt
- 4 medium tomatoes sliced
- 2 tablespoons water

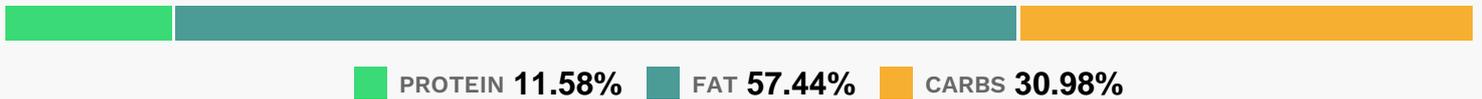
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 425F. Season sliced tomatoes with 1/2 tsp. salt and pepper; set aside.
- Heat olive oil in a medium nonstick skillet over medium heat.
- Add sliced onions and water; cover and cook, stirring occasionally, until very soft, about 10 minutes. Uncover and then season with remaining salt. Cook until the onions are dry, about 5 minutes.
- Let cool. Unroll pie dough on one side of a large baking sheet.
- Spread 3/4 cup cheese evenly on dough, leaving a 1-inch border. Top with half of onion and half of tomato and then sprinkle 1/4 cup cheese on top. Fold border of dough partially over filling. Repeat with remaining piece of dough and other ingredients.
- Bake tarts until crusts are golden brown and flaky, about 50 minutes.
- Let cool for 5 minutes, then cut into large wedges and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:3.79, Inflammation Score:-9, Nutrition Score:23.309565170952%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 20.86mg, Quercetin: 20.86mg, Quercetin: 20.86mg, Quercetin: 20.86mg

Nutrients (% of daily need)

Calories: 868.09kcal (43.4%), Fat: 55.66g (85.63%), Saturated Fat: 22.84g (142.77%), Carbohydrates: 67.55g (22.52%), Net Carbohydrates: 61.7g (22.44%), Sugar: 7.68g (8.53%), Cholesterol: 70.87mg (23.62%), Sodium:

1490.28mg (64.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Calcium: 557.57mg (55.76%), Phosphorus: 459.64mg (45.96%), Manganese: 0.76mg (38.13%), Selenium: 26.62µg (38.03%), Vitamin A: 1738.48IU (34.77%), Vitamin B2: 0.54mg (31.98%), Folate: 126.62µg (31.66%), Vitamin C: 24.19mg (29.33%), Vitamin B1: 0.4mg (26.95%), Fiber: 5.85g (23.41%), Zinc: 3.46mg (23.07%), Vitamin K: 21.89µg (20.84%), Iron: 3.45mg (19.19%), Vitamin B3: 3.75mg (18.77%), Potassium: 595.89mg (17.03%), Vitamin B6: 0.32mg (15.99%), Vitamin E: 2.21mg (14.73%), Magnesium: 58.84mg (14.71%), Vitamin B12: 0.75µg (12.52%), Copper: 0.22mg (10.89%), Vitamin B5: 0.96mg (9.57%), Vitamin D: 0.43µg (2.83%)