



Tomato and Goat Cheese Tarts

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



993 kcal

Ingredients

- ☐ 3 tablespoons basil leaves julienned
- ☐ 3 tablespoons cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 3 large garlic cloves cut into thin slivers
- ☐ 4 ounces garlic-and-herb goat cheese (recommended: Montrachet)
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings olive oil good
- ☐ 4 tablespoons parmesan shaved with a vegetable peeler freshly grated
- ☐ 1 package puff pastry (17.3 ounces/2 sheets)

- ☐ 1 large tomatoes cut into four 1/4-inch-thick slices
- ☐ 4 cups onions yellow thinly sliced (2 large onions)

Equipment

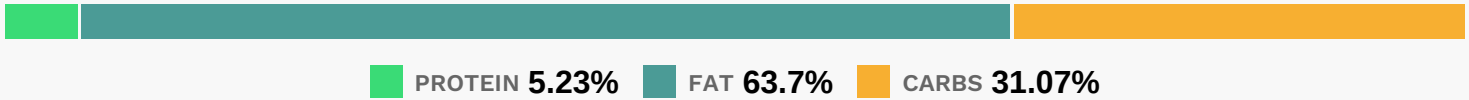
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Unfold a sheet of puff pastry on a lightly floured surface and roll it lightly to an 11 by 11-inch square. Using a 6-inch wide saucer or other round object as a guide, cut 2 circles from the sheet of puff pastry, discarding the scraps. Repeat with the second pastry sheet to make 4 circles in all.
- ☐ Place the pastry circles on 2 sheet pans lined with parchment paper and refrigerate until ready to use.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Heat 3 tablespoons of olive oil in a large skillet over medium to low heat and add the onions and garlic.
- ☐ Saute for 15 to 20 minutes, stirring frequently, until the onions are limp and there is almost no moisture remaining in the skillet.
- ☐ Add 1/2 teaspoon salt, 1/4 teaspoon pepper, the wine, and thyme and continue to cook for another 10 minutes, until the onions are lightly browned.
- ☐ Remove from the heat.
- ☐ Using a sharp paring knife, score a 1/4-inch-wide border around each pastry circle. Prick the pastry inside the score lines with the tines of a fork and sprinkle a tablespoon of grated Parmesan on each round, staying inside the scored border.
- ☐ Place 1/4 of the onion mixture on each circle, again staying within the scored edge. Crumble 1 ounce of goat cheese on top of the onions.
- ☐ Place a slice of tomato in the center of each tart.

- ☐
- Brush the tomato lightly with olive oil and sprinkle with basil, salt, and pepper. Finally, scatter 4 or 5 shards of Parmesan on each tart.
- ☐
- Bake for 20 to 25 minutes, until the pastry is golden brown. The bottom sheet pan may need an extra few minutes in the oven.
- ☐
- Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:34.63, Inflammation Score:-10, Nutrition Score:20.179565263831%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 32.79mg, Quercetin: 32.79mg, Quercetin: 32.79mg, Quercetin: 32.79mg

Nutrients (% of daily need)

Calories: 993.18kcal (49.66%), Fat: 70.9g (109.08%), Saturated Fat: 19.4g (121.22%), Carbohydrates: 77.8g (25.93%), Net Carbohydrates: 71.87g (26.14%), Sugar: 9.02g (10.03%), Cholesterol: 30.82mg (10.27%), Sodium: 476.12mg (20.7%), Alcohol: 1.16g (100%), Alcohol %: 0.37% (100%), Protein: 13.09g (26.19%), Manganese: 0.99mg (49.5%), Selenium: 30.84µg (44.06%), Vitamin B1: 0.6mg (40.15%), Vitamin K: 38.86µg (37.01%), Folate: 138.73µg (34.68%), Vitamin B3: 5.81mg (29.04%), Vitamin C: 22.18mg (26.89%), Vitamin A: 1261.7IU (25.23%), Vitamin B2: 0.42mg (24.78%), Fiber: 5.93g (23.73%), Iron: 4.11mg (22.86%), Vitamin E: 2.97mg (19.8%), Vitamin B6: 0.31mg (15.4%), Phosphorus: 147.07mg (14.71%), Potassium: 476.5mg (13.61%), Copper: 0.26mg (13.12%), Magnesium: 48.57mg (12.14%), Zinc: 1.14mg (7.57%), Calcium: 69.67mg (6.97%), Vitamin B5: 0.29mg (2.88%)