



Tomato and Onion Tart

READY IN



75 min.

SERVINGS



12

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 eggs
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 medium plum tomatoes thinly sliced (Roma)
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 1 large onion sweet thinly sliced quartered (such as Maui or Walla Walla)
- ☐ 3 oz swiss cheese shredded
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 0.3 cup whipping cream
- ☐ 0.5 small zucchini thinly sliced

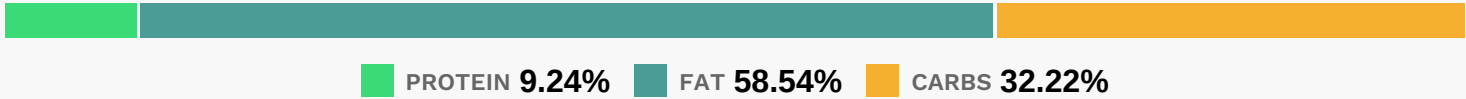
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ rolling pin
- ☐ slotted spoon
- ☐ tart form

Directions

- ☐ In 10-inch skillet, heat oil and butter over medium-high heat.
- ☐ Add onion; cook 5 minutes, stirring occasionally, until onion begins to brown. Reduce heat to medium-low; cook 20 to 25 minutes, stirring frequently, until browned and tender.
- ☐ Meanwhile, heat oven to 450°F. Unroll pie crust on work surface.
- ☐ Roll pie crust with rolling pin to 12 inches in diameter. Gently press crust in bottom and up side of ungreased 10-inch tart pan with removable bottom. Trim off excess crust. Prick bottom and side of crust with fork.
- ☐ Bake 10 minutes.
- ☐ Remove from oven. Reduce oven temperature to 400°F.
- ☐ Sprinkle bottom of partially baked crust with 2 tablespoons of the Parmesan cheese. Using slotted spoon, spoon onions evenly over bottom of crust. Top with tomatoes and zucchini, arranging a circle of tomato slices around outside edge, a circle of zucchini slices next to the tomatoes and a circle of tomato slices in the center.
- ☐ In small bowl, beat whipping cream and egg with wire whisk.
- ☐ Pour over vegetables. Top with Gruyère cheese and remaining 2 tablespoons Parmesan cheese.
- ☐ Bake at 400°F 15 minutes. Top with green onions; bake 10 to 15 minutes longer or until filling is set and crust is golden brown. Cool 5 minutes before removing side of pan.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:5.6930434548337%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 241.95kcal (12.1%), Fat: 15.78g (24.27%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 18.23g (6.63%), Sugar: 1.99g (2.21%), Cholesterol: 27.65mg (9.22%), Sodium: 206.92mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Calcium: 102.35mg (10.24%), Phosphorus: 100.86mg (10.09%), Manganese: 0.2mg (9.77%), Folate: 36.44µg (9.11%), Selenium: 6.2µg (8.85%), Vitamin K: 8.86µg (8.44%), Vitamin B1: 0.11mg (7.6%), Vitamin B2: 0.13mg (7.39%), Vitamin A: 328.56IU (6.57%), Iron: 1.11mg (6.16%), Fiber: 1.31g (5.24%), Vitamin B3: 1.04mg (5.22%), Vitamin C: 4.04mg (4.9%), Vitamin B12: 0.28µg (4.73%), Zinc: 0.69mg (4.58%), Vitamin B6: 0.08mg (4.24%), Vitamin E: 0.57mg (3.82%), Potassium: 127.37mg (3.64%), Magnesium: 13.81mg (3.45%), Copper: 0.06mg (2.91%), Vitamin B5: 0.29mg (2.9%), Vitamin D: 0.16µg (1.09%)