



Tomato-Basil Tart

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

Ingredients

- ☐ 4 tablespoons basil fresh divided chopped
- ☐ 0.8 cup mozzarella fresh grated
- ☐ 2 tablespoons olive tapenade black jarred
- ☐ 0.3 cup parmesan grated
- ☐ 1 sheet puff pastry frozen thawed
- ☐ 3 tomatoes thinly sliced

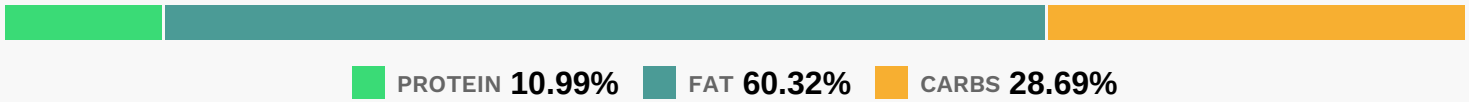
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425F; line a large baking sheet with parchment. On a lightly floured countertop, roll out 1 sheet of thawed storebought frozen puff pastry to a 14-by-12-inch rectangle.
- ☐ Transfer pastry to baking sheet.
- ☐ Brush edges lightly with water; fold them in to form a 1/2-inch border, then press with a fork to seal all around. Prick pastry all over with fork.
- ☐ Mix 3 Tbsp. chopped fresh basil with 3/4 cup grated fresh mozzarella and 1/4 cup grated Parmesan.
- ☐ Spread 2 Tbsp. jarred blackolive tapenade over inside of pastry.
- ☐ Sprinkle with cheese-and-basil mixture, then arrange 3 thinly sliced tomatoes decoratively on top.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until crust is deep golden and cheeses are melted, 20 to 25 minutes.
- ☐ Sprinkle with 1 Tbsp. fresh basil and serve.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:10.73, Inflammation Score:-6, Nutrition Score:8.385652228542%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 294.7kcal (14.74%), Fat: 19.89g (30.61%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 19.91g (7.24%), Sugar: 2.1g (2.33%), Cholesterol: 13.89mg (4.63%), Sodium: 259.33mg (11.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Selenium: 13.2µg (18.86%), Vitamin K: 17.36µg (16.53%), Manganese: 0.29mg (14.49%), Vitamin A: 710.22IU (14.2%), Calcium: 132.63mg (13.26%), Vitamin B1: 0.19mg (12.77%), Phosphorus: 118.48mg (11.85%), Folate: 43.25µg (10.81%), Vitamin B2: 0.18mg (10.69%), Vitamin B3:

2.11mg (10.53%), Vitamin C: 8.67mg (10.5%), Iron: 1.35mg (7.5%), Vitamin B12: 0.37µg (6.15%), Zinc: 0.86mg (5.7%),
Fiber: 1.37g (5.49%), Potassium: 189.07mg (5.4%), Magnesium: 18.78mg (4.7%), Copper: 0.09mg (4.54%), Vitamin E:
0.6mg (3.99%), Vitamin B6: 0.07mg (3.44%)