



Tomato Basil Tart

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



3807 kcal

Ingredients

- ☐ 0.3 cup basil fresh shredded
- ☐ 1 serving garnishes: basil fresh sliced
- ☐ 0.3 cup round buttery crackers divided crushed
- ☐ 6 bacon crumbled cooked
- ☐ 0.8 cup mayonnaise
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 7 plum tomatoes sliced
- ☐ 15 ounce piecrusts refrigerated

☐ 0.5 teaspoon salt

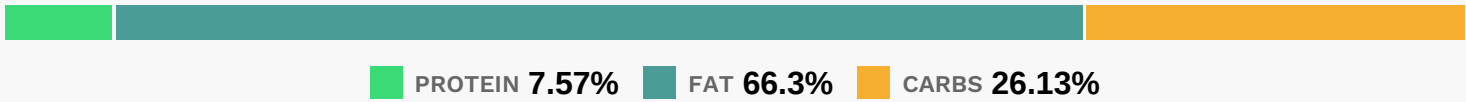
Equipment

- ☐ oven
- ☐ tart form

Directions

- ☐ Fit piecrust into a 9-inch square tart pan according to package directions; trim edges. Prick crust with a fork.
- ☐ Bake crust at 350 for 14 minutes or until lightly browned.
- ☐ Sprinkle half of cracker crumbs over crust.
- ☐ Stir together cheese and mayonnaise.
- ☐ Dollop and then spread half of cheese filling over crumbs. Arrange tomato slices over filling, sprinkling evenly with salt and pepper.
- ☐ Add basil and crumbled bacon. Dollop and then spread remaining cheese filling on top.
- ☐ Sprinkle with remaining cracker crumbs.
- ☐ Bake at 350 for 24 to 25 minutes or until browned.
- ☐ Garnish, if desired.
- ☐ Recipe adapted from Cape Fear...Still Cooking.

Nutrition Facts



Properties

Glycemic Index:260, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:67.453912631325%

Flavonoids

Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 3807.02kcal (190.35%), Fat: 279.97g (430.72%), Saturated Fat: 72.97g (456.03%), Carbohydrates: 248.26g (82.75%), Net Carbohydrates: 231.58g (84.21%), Sugar: 14.08g (15.65%), Cholesterol: 183.33mg (61.11%), Sodium: 6286.3mg (273.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.9g (143.8%), Vitamin K: 385.28µg (366.93%), Manganese: 2.79mg (139.54%), Phosphorus: 1168.01mg (116.8%), Vitamin B1: 1.73mg (115.2%), Selenium: 79.68µg (113.84%), Vitamin B3: 20.22mg (101.09%), Folate: 395.68µg (98.92%), Vitamin A: 4822.65IU (96.45%), Calcium: 856.03mg (85.6%), Iron: 14.63mg (81.27%), Vitamin B2: 1.27mg (74.6%), Vitamin E: 11.17mg (74.44%), Vitamin C: 60.9mg (73.82%), Fiber: 16.68g (66.72%), Potassium: 1913.12mg (54.66%), Zinc: 7.82mg (52.14%), Vitamin B6: 0.92mg (45.91%), Magnesium: 165mg (41.25%), Copper: 0.76mg (37.86%), Vitamin B5: 3.28mg (32.82%), Vitamin B12: 1.74µg (28.96%), Vitamin D: 0.9µg (6.02%)