



WHATShEATE



Tomato & caramelised onion tart tatin

READY IN



85 min.

SERVINGS



4

CALORIES



586 kcal

DESSERT

Ingredients

- ☐ 50 g butter
- ☐ 1 tbsp olive oil
- ☐ 1 large onion cut into thin wedges
- ☐ 1 tsp sugar
- ☐ 85 g butter
- ☐ 175 g self raising flour
- ☐ 50 g parmesan finely grated
- ☐ 1 small handful thyme sprigs fresh
- ☐ 1 large egg yolk free range

- ☐ 25 g butter
- ☐ 1 garlic clove thinly sliced
- ☐ 5 plum tomatoes halved
- ☐ 1 sprigs thyme leaves
- ☐ 300 g cherry tomatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the butter and oil in a frying pan until the butter has melted. Cook the onion over a medium heat for about 10 minutes until beautifully golden, stirring often. Stir in the sugar and cook for another couple of minutes. Tip the onion and juices into a bowl and set aside. Preheat the oven to 200C/gas 6/fan 180C.
- ☐ For the pastry, rub the butter into the flour to make fine crumbs. Stir in the parmesan, thyme and a pinch of salt.
- ☐ Add the egg yolk and 2 tbsp cold water, then mix to make a dough. Wrap in cling film.
- ☐ For the tomatoes, heat the butter and oil in a 20cm tart tatin tin on the hob until quite hot. Stir in the sugar and garlic, then put in the plum tomatoes cut-side down with a few thyme sprigs, and sizzle for no more than 1 minute. Scatter in the whole cherry tomatoes and tuck in a bit more thyme. Take off the heat and spread the onions on top. Season with salt and pepper.
- ☐ Roll out the pastry until it's slightly bigger than the top of the tin.
- ☐ Lay it over the onions and tuck any excess down the sides.
- ☐ Bake on a baking sheet for 25 minutes until golden. Cool for 5 minutes, invert a plate over the top and upturn the tart onto it. Scatter with extra thyme and black pepper.

Nutrition Facts



 **PROTEIN 8.47%**  **FAT 62.46%**  **CARBS 29.07%**

Properties

Glycemic Index:124.77, Glycemic Load:23.07, Inflammation Score:-9, Nutrition Score:14.786956631619%

Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

Nutrients (% of daily need)

Calories: 586.48kcal (29.32%), Fat: 41.31g (63.56%), Saturated Fat: 23.66g (147.87%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 40.02g (14.55%), Sugar: 6.83g (7.59%), Cholesterol: 140.4mg (46.8%), Sodium: 474.24mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Vitamin A: 2196.28IU (43.93%), Vitamin C: 31.53mg (38.21%), Selenium: 23.64µg (33.77%), Manganese: 0.59mg (29.4%), Phosphorus: 207.51mg (20.75%), Calcium: 197.7mg (19.77%), Vitamin E: 2.59mg (17.27%), Potassium: 477.52mg (13.64%), Vitamin K: 13.67µg (13.02%), Fiber: 3.23g (12.91%), Folate: 51.47µg (12.87%), Vitamin B6: 0.22mg (11.05%), Copper: 0.21mg (10.43%), Magnesium: 37.46mg (9.37%), Vitamin B2: 0.15mg (8.74%), Iron: 1.54mg (8.55%), Vitamin B1: 0.12mg (8.27%), Zinc: 1.17mg (7.78%), Vitamin B3: 1.41mg (7.03%), Vitamin B5: 0.64mg (6.38%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.29µg (1.95%)