



Tomato, Goat Cheese, and Onion Tart

READY IN



35 min.

SERVINGS



4

CALORIES



2385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basil fresh
- ☐ 1.3 cups goat cheese crumbled
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion very thinly sliced
- ☐ 9 inch pie crust dough frozen thawed prepared (not pie shells)
- ☐ 1 lb plum tomatoes thinly sliced

Equipment

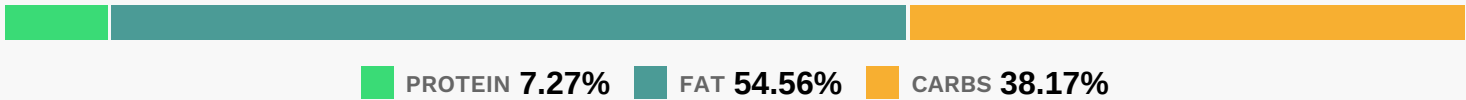
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ tart form

Directions

- ☐ Preheat oven to 375°F.
- ☐ If necessary, roll out dough on a lightly floured surface into an 11-inch round and fit into tart pan. Trim excess dough, leaving a 1/2-inch overhang, then fold overhang inward and press against side of pan to reinforce edge. Lightly prick bottom and sides with a fork.
- ☐ Line tart shell with foil and fill with pie weights.
- ☐ Bake in middle of oven until pastry is pale golden around rim, about 20 minutes. Carefully remove weights and foil and bake until golden all over, 8 to 10 minutes more. Cool in pan on a rack.
- ☐ While tart shell is baking, heat 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, then cook onion with salt and black pepper to taste, stirring frequently, until golden brown, 15 to 20 minutes.
- ☐ Preheat broiler.
- ☐ Spread onion over bottom of tart shell and top with 1 rounded cup goat cheese. Arrange tomatoes, slightly overlapping, in concentric circles over cheese.
- ☐ Sprinkle with remaining cheese and salt and pepper to taste and drizzle with remaining tablespoon oil. Put foil over edge of crust (to prevent overbrowning).
- ☐ Put tart pan on a baking sheet and broil tart about 7 inches from heat until cheese starts to brown slightly, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:42.158260843028%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 2384.95kcal (119.25%), Fat: 144.04g (221.6%), Saturated Fat: 49.24g (307.76%), Carbohydrates: 226.76g (75.59%), Net Carbohydrates: 213.48g (77.63%), Sugar: 5.25g (5.84%), Cholesterol: 34.81mg (11.6%), Sodium: 2126.41mg (92.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.21g (86.41%), Manganese: 2.27mg (113.26%), Vitamin B1: 1.35mg (90.02%), Folate: 349.57µg (87.39%), Iron: 13.64mg (75.8%), Vitamin B3: 13.21mg (66.05%), Vitamin B2: 1.09mg (63.87%), Phosphorus: 556.92mg (55.69%), Vitamin K: 57.94µg (55.18%), Fiber: 13.28g (53.12%), Copper: 0.98mg (49.03%), Selenium: 27.96µg (39.95%), Vitamin A: 1836.99IU (36.74%), Vitamin E: 4.35mg (29.03%), Vitamin B6: 0.55mg (27.65%), Vitamin B5: 2.49mg (24.88%), Magnesium: 97.11mg (24.28%), Vitamin C: 18.67mg (22.63%), Potassium: 785.68mg (22.45%), Calcium: 215.04mg (21.5%), Zinc: 2.99mg (19.96%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.3µg (2.02%)