



Tomato-Goat Cheese Tart with Lemon-Basil Vinaigrette

READY IN



225 min.

SERVINGS



6

CALORIES



354 kcal

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 6 tablespoons butter melted
- ☐ 1.8 cups buttery round crackers crushed finely (42 crackers)
- ☐ 6 servings coffee filter
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 6 ounces goat cheese softened
- ☐ 0.5 cup green onions sliced
- ☐ 1 teaspoon kosher salt divided
- ☐ 6 servings lemon-basil vinaigrette

- ☐ 2 teaspoons lemon zest
- ☐ 6 tablespoons parmesan cheese freshly grated
- ☐ 0.8 cup whole-milk ricotta cheese
- ☐ 0.8 pound tomatoes assorted halved

Equipment

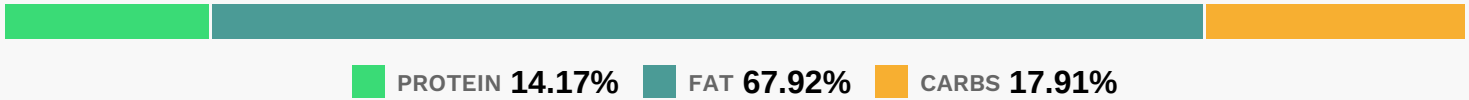
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ slotted spoon
- ☐ tart form
- ☐ cheesecloth

Directions

- ☐ Line a fine wire-mesh strainer with 3 layers of cheesecloth or 1 coffee filter.
- ☐ Place strainer over a bowl. Spoon ricotta into strainer.
- ☐ Let stand at room temperature 2 hours; discard any accumulated liquid.
- ☐ Preheat oven to 35
- ☐ Coat a 12- x 4-inch tart pan with cooking spray. Stir together crushed crackers, next 2 ingredients, and 1/2 tsp. pepper; press firmly on bottom and up sides of pan.
- ☐ Place on a baking sheet.
- ☐ Bake at 350 for 12 to 15 minutes or until golden brown. Cool on a wire rack 35 minutes.
- ☐ Meanwhile, toss tomatoes with 1/2 tsp. kosher salt and remaining 1/2 tsp. pepper in a bowl.
- ☐ Let stand 30 minutes.
- ☐ Stir together goat cheese, next 3 ingredients, strained ricotta, and remaining 1/2 tsp. salt in a bowl until smooth. Spoon gently into prepared crust, and spread to edges.

- ☐ Bake at 350 for 20 to 25 minutes or until lightly browned.
- ☐ Spoon tomatoes over warm tart, using a slotted spoon.
- ☐ Serve immediately with Lemon-Basil Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:13.218260842821%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Naringenin: 0.39mg,
Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin:
0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.16mg,
Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin:
0.19mg, Myricetin: 0.19mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 353.84kcal (17.69%), Fat: 27.03g (41.58%), Saturated Fat: 15.66g (97.88%), Carbohydrates: 16.04g
(5.35%), Net Carbohydrates: 14.46g (5.26%), Sugar: 3.49g (3.88%), Cholesterol: 63.3mg (21.1%), Sodium: 858.97mg
(37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 12.69g (25.37%), Vitamin K:
41.48µg (39.5%), Vitamin A: 1518.63IU (30.37%), Vitamin B2: 0.44mg (25.88%), Phosphorus: 230.62mg (23.06%),
Calcium: 203.63mg (20.36%), Manganese: 0.34mg (16.97%), Copper: 0.3mg (14.98%), Vitamin C: 11.62mg (14.09%),
Selenium: 8.06µg (11.52%), Iron: 1.98mg (11.03%), Vitamin B1: 0.16mg (10.92%), Potassium: 362.35mg (10.35%),
Vitamin B5: 1.03mg (10.28%), Folate: 40.82µg (10.21%), Vitamin E: 1.44mg (9.62%), Vitamin B3: 1.89mg (9.44%),
Vitamin B6: 0.16mg (7.98%), Magnesium: 31.34mg (7.84%), Zinc: 1.17mg (7.78%), Fiber: 1.58g (6.32%), Vitamin B12:
0.25µg (4.18%), Vitamin D: 0.2µg (1.34%)