

Tomato-Phyllo Tart



Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

20

CALORIES

calories

60 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup feta crumbled
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 tablespoons olive oil
- ☐ 7 sheets phyllo dough frozen thawed
- ☐ 8 plum tomatoes thinly sliced

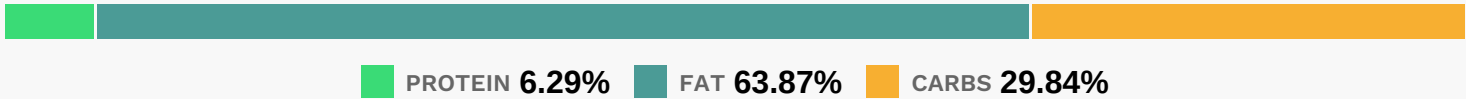
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ Preheat oven to 375F.
- ☐ Brush a rimmed baking sheet with olive oil. Unroll phyllo sheets and cover with a clean kitchen towel.
- ☐ Place a sheet of phyllo on baking sheet and lightly brush entire surface with olive oil. (It won't matter if phyllo tears slightly.) Top with a second sheet of phyllo, keeping remaining sheets covered, and brush with olive oil. Repeat stacking and brushing until all phyllo has been used. Reserve any extra oil.
- ☐ Arrange tomato slices decoratively on phyllo in a single layer, leaving a 1/4-inch border on all sides.
- ☐ Sprinkle feta over the top, then sprinkle with thyme and rosemary and season with salt and pepper.
- ☐ Drizzle any remaining olive oil over top.
- ☐ Bake tart until edges are golden brown and phyllo is crisp, about 30 minutes.
- ☐ Let tart cool in pan on a wire rack for 5 minutes.
- ☐ Transfer to a cutting board, cut into 12 squares and serve warm.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.56, Inflammation Score:-3, Nutrition Score:2.0808695420299%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 60.43kcal (3.02%), Fat: 4.35g (6.7%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.13g (1.5%), Sugar: 0.66g (0.74%), Cholesterol: 1.67mg (0.56%), Sodium: 83.89mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin A: 219.53IU (4.39%), Vitamin E: 0.65mg (4.31%), Vitamin C: 3.56mg (4.31%), Vitamin K: 4.31µg (4.1%), Manganese: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.21%), Selenium: 1.83µg (2.62%), Vitamin B2: 0.04mg (2.57%), Folate: 10.23µg (2.56%), Vitamin B3: 0.44mg (2.19%), Potassium: 65.88mg (1.88%), Iron: 0.33mg (1.85%), Fiber: 0.44g (1.78%), Phosphorus: 17.41mg (1.74%), Vitamin B6: 0.03mg (1.51%), Calcium: 13.04mg (1.3%), Copper: 0.02mg (1.14%), Magnesium: 4.29mg (1.07%)