



Tomato tart

READY IN



60 min.

SERVINGS



4

CALORIES



759 kcal

Ingredients

- ☐ 4 tbsp cheese soft
- ☐ 1 tsp dijon mustard
- ☐ 8 tomatoes ripe
- ☐ 375 g puff pastry
- ☐ 4 servings olives
- ☐ 4 servings parmesan chunk

Equipment

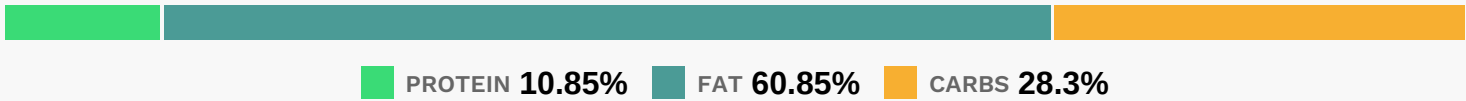
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Ask a grown-up helper to turn the oven on to 200C/180C fan/gas
- ☐ Mix the soft cheese together with the mustard in a small bowl.
- ☐ Cut the tomatoes into thick slices.
- ☐ Roll the pastry into a rectangle on a floured surface dont worry if the edges are uneven. Lift the pastry onto a baking sheet
- ☐ Now trim off any really wiggly bits. Mark a border the thickness of two fingers around the edge.
- ☐ Spread the soft cheese inside the border, then arrange the tomato slices on top. Decorate with anchovies or olives (if using).
- ☐ Grate the Parmesan all over. Ask a grown-up to put the tart in the oven for 30 mins or until the pastry is golden and the tomatoes are cooked.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:25.89, Inflammation Score:-9, Nutrition Score:23.606956461202%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 758.96kcal (37.95%), Fat: 52.05g (80.08%), Saturated Fat: 17.37g (108.56%), Carbohydrates: 54.45g (18.15%), Net Carbohydrates: 49.38g (17.96%), Sugar: 8.07g (8.97%), Cholesterol: 35.04mg (11.68%), Sodium: 1097.62mg (47.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.77%), Vitamin A: 2558.64IU (51.17%), Selenium: 31.29µg (44.7%), Calcium: 414.43mg (41.44%), Vitamin C: 33.71mg (40.86%), Manganese: 0.75mg (37.54%), Phosphorus: 341.15mg (34.12%), Vitamin K: 35.64µg (33.94%), Vitamin B1: 0.49mg (32.38%), Folate: 114.12µg (28.53%), Vitamin B3: 5.52mg (27.59%), Vitamin B2: 0.45mg (26.31%), Fiber: 5.07g (20.29%), Potassium: 697.22mg (19.92%), Iron: 3.44mg (19.13%), Vitamin E: 2.79mg (18.61%), Magnesium: 59.37mg (14.84%), Copper:

0.29mg (14.46%), Vitamin B6: 0.26mg (12.95%), Zinc: 1.83mg (12.19%), Vitamin B12: 0.39µg (6.53%), Vitamin B5:
0.45mg (4.46%)