



Tomato tart with cheddar crust

 Vegetarian

READY IN



95 min.

SERVINGS



4

CALORIES



470 kcal

Ingredients

- 175 g flour plain
- 85 g butter
- 85 g cheddar cheese grated
- 1 eggs lightly beaten
- 2 tbsp dijon mustard
- 4 tbsp crème fraîche
- 600 g cherry tomatoes
- 1 sprig thyme leaves

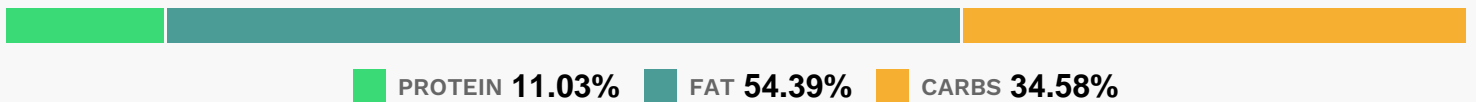
Equipment

- food processor
- oven

Directions

- Heat oven to 180C/fan 160C/gas
- Blitz the flour, butter and cheddar in a food processor until the mixture resembles breadcrumbs, then add the egg and whizz again until it forms a ball.
- Lightly dust a cool surface with flour and roll out the pastry. Line a 24cm loose-bottom tart tin with the pastry, then chill for 10 mins. Line the pastry case with greaseproof paper, fill with baking beans and bake for 15 mins.
- Remove the paper and baking beans and continue to cook for a further 10 mins, then remove from the oven.
- Mix together the Dijon mustard and crme frache and spread evenly over the pastry base. Halve the tomatoes, remove the stalk and arrange in the pastry case.
- Sprinkle with thyme and freshly ground black pepper. Return the tart to the middle of the oven and cook for 30 mins. Reduce the heat to 150C/fan 130C/gas 2 and cook for a further 30 mins.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:24.34, Inflammation Score:-9, Nutrition Score:17.216087019962%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 469.63kcal (23.48%), Fat: 28.68g (44.13%), Saturated Fat: 16.67g (104.18%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 38.44g (13.98%), Sugar: 4.49g (4.99%), Cholesterol: 114.94mg (38.31%), Sodium:

394.85mg (17.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Vitamin C: 34.74mg (42.11%), Selenium: 28.18µg (40.25%), Vitamin A: 1628.82IU (32.58%), Vitamin B1: 0.43mg (28.38%), Folate: 111.19µg (27.8%), Vitamin B2: 0.43mg (25.1%), Manganese: 0.5mg (24.9%), Phosphorus: 230.94mg (23.09%), Calcium: 202.42mg (20.24%), Iron: 3.45mg (19.18%), Vitamin B3: 3.47mg (17.34%), Potassium: 438.23mg (12.52%), Vitamin E: 1.71mg (11.37%), Fiber: 2.59g (10.35%), Zinc: 1.55mg (10.33%), Copper: 0.2mg (9.98%), Vitamin B6: 0.18mg (9.14%), Magnesium: 35.81mg (8.95%), Vitamin B5: 0.73mg (7.29%), Vitamin B12: 0.38µg (6.41%), Vitamin K: 6.65µg (6.34%), Vitamin D: 0.35µg (2.32%)