



Tomato Tartes Tatins

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 4 pints cherry tomatoes
- ☐ 0.5 pound puff pastry frozen
- ☐ 4 teaspoons sugar
- ☐ 8 sun-dried tomatoes chopped in oil (not)
- ☐ 3 tablespoons butter unsalted melted

Equipment

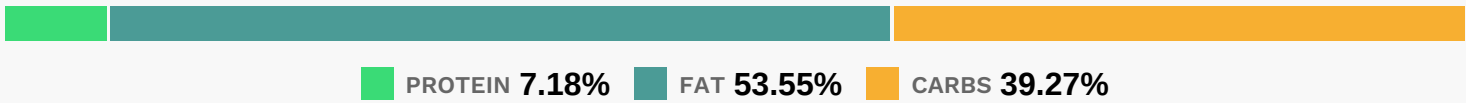
- ☐ oven
- ☐ knife

☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Give the cherry tomatoes a squeeze to remove the seeds; set aside.
- ☐ Divide the butter among 6 six-ounce ovenproof baking cups.
- ☐ Sprinkle them with the sugar.
- ☐ Fill each cup with the cherry tomatoes, adding a layer of sun-dried tomatoes in the middles.
- ☐ Cover loosely with foil and bake for 1 hour.
- ☐ Gently press down the tomatoes (which will have shrunk), molding them to the shape of the cups.
- ☐ Bake, covered, for 45 minutes more.
- ☐ Remove from the oven. Increase temperature to 425°F.
- ☐ Roll the pastry out to 1/8 inch thick.
- ☐ Cut out 6 four-inch circles and poke them all over with a fork.
- ☐ Top each cup with a pastry circle, pressing to seal.
- ☐ Bake for 15 minutes.
- ☐ Remove and let cool for 15 minutes. Run a small, sharp knife around the rims and invert the tarts onto plates.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:11.44, Inflammation Score:-9, Nutrition Score:16.638695401342%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 332.39kcal (16.62%), Fat: 20.51g (31.56%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 30.74g (11.18%), Sugar: 11.8g (13.11%), Cholesterol: 15.05mg (5.02%), Sodium: 132.47mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin C: 72.97mg (88.45%), Vitamin A: 1741.17IU (34.82%), Manganese: 0.57mg (28.26%), Potassium: 803.94mg (22.97%), Iron: 3.36mg (18.65%), Vitamin B1: 0.28mg (18.56%), Folate: 72.52µg (18.13%), Vitamin B3: 3.5mg (17.49%), Copper: 0.32mg (15.94%), Vitamin K: 16.56µg (15.77%), Selenium: 10.96µg (15.65%), Vitamin E: 2.13mg (14.22%), Vitamin B6: 0.27mg (13.31%), Fiber: 3.1g (12.41%), Phosphorus: 122.18mg (12.22%), Vitamin B2: 0.19mg (11.31%), Magnesium: 39.75mg (9.94%), Vitamin B5: 0.47mg (4.7%), Zinc: 0.7mg (4.68%), Calcium: 43.12mg (4.31%)