



Tomato Tarts

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



534 kcal

DESSERT

Ingredients

- 8 servings basil sliced for garnish
- 8 ounces butter very cold cut into small pieces (2 sticks)
- 8 servings butter for brushing pie tin
- 2 tablespoons plus 2 teaspoons dijon mustard (per tartlet)
- 1 large egg white for egg wash
- 2 cups flour all-purpose
- 8 servings ground cornmeal for sprinkling on pie tins finely
- 0.3 cup ice water or as needed

- 1 tablespoon olive oil
- 2 tablespoons plus 2 teaspoons olive oil (per tartlet)
- 1 medium onion (thinly sliced)
- 1 teaspoon salt
- 8 servings salt and pepper (black freshly ground)
- 1 cup cheddar (shredded per tartlet)
- 1 tablespoon sugar
- 8 medium round tomatoes

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap

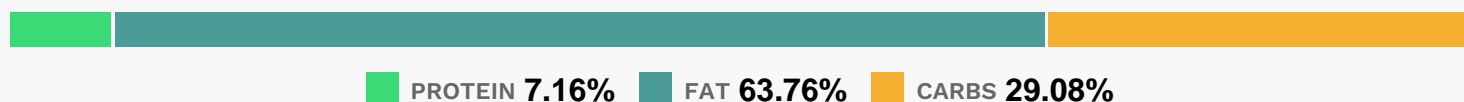
Directions

- Make tart dough: Put in the work bowl of a food processor, the flour, butter, salt and sugar. Pulse quickly until the butter is the size of peas.
- Add very cold, ice water in a small stream until the dough just comes together. Empty the work bowl out onto waxed paper and halve the dough. Using the ends of the paper, shape into 2 balls. Wrap in plastic wrap and place in refrigerator until ready for use.
- Make caramelized onion: In a skillet heat the olive oil until hot and cook the onions, stirring constantly, until golden.
- Remove from heat and let cool, set aside.
- To assemble tartlettes: Take 8 small pie tins, brush with butter and liberally sprinkle with corn meal.
- Cut dough into 8 equal pieces and put 7 back in the refrigerator (must be kept cold) roll out the dough into a 4-inch circle, it should be quite thick, you don't want it too thin or the

tomatoes will bleed through bottom.

- Place disk in pie tin and repeat until all 8 are done.
- Place dough in tins on baking sheets.
- Preheat oven on to 375 degrees F.
- Brush bottoms of dough shell with 1 teaspoon of mustard. In the following order place into each shell: 2 tablespoons of shredded cheddar cheese, 1 tablespoon caramelized onion, 4 slices of tomato, salt and pepper, and 1 teaspoon of olive oil.
- Fold in the tops of the flaps of extra dough around the tomatoes, brush dough with egg whites.
- Bake for 30 to 45 minutes. Right before serving, garnish top with basil.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:67.45, Glycemic Load:24.33, Inflammation Score:-9, Nutrition Score:15.010434630124%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 533.86kcal (26.69%), Fat: 38.41g (59.09%), Saturated Fat: 20.78g (129.89%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 35.7g (12.98%), Sugar: 5.71g (6.35%), Cholesterol: 85.83mg (28.61%), Sodium: 653.91mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.41%), Vitamin A: 2108.51IU (42.17%), Selenium: 17.71µg (25.31%), Manganese: 0.49mg (24.46%), Vitamin K: 24.24µg (23.09%), Vitamin B1: 0.34mg (22.73%), Vitamin C: 18.24mg (22.11%), Folate: 87.42µg (21.86%), Vitamin B2: 0.29mg (16.88%), Phosphorus: 168.4mg (16.84%), Vitamin E: 2.39mg (15.92%), Fiber: 3.71g (14.85%), Vitamin B3: 2.9mg (14.52%), Calcium: 135.72mg (13.57%), Iron: 2.31mg (12.82%), Potassium: 415.82mg (11.88%), Vitamin B6: 0.2mg (10.23%), Magnesium: 40.75mg (10.19%), Zinc: 1.35mg (9.03%), Copper: 0.17mg (8.3%), Vitamin B5: 0.44mg (4.42%), Vitamin B12: 0.21µg (3.5%)