



Tuna and Roasted Red Pepper Pissaladière

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces tuna canned packed in olive oil
- ☐ 2 tablespoons capers drained
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup niçoise olives pitted
- ☐ 4 medium onions thinly sliced lengthwise (2 lbs. total)
- ☐ 0.5 teaspoon pepper
- ☐ 1 sheet puff pastry frozen such as dufour (one 14-oz. pkg.), thawed

- ☐ 12 ounces roasted peppers red jarred drained cut into strips
- ☐ 1 tablespoon thyme leaves fresh whole chopped for garnish

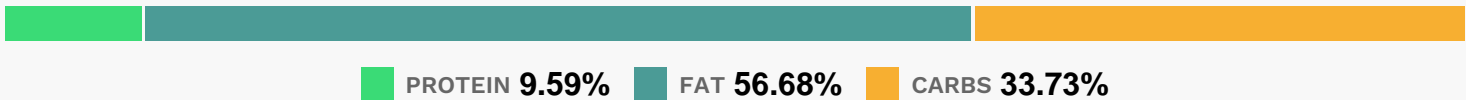
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Cook onions in oil in a large nonstick frying pan over medium heat, stirring often, until soft, 8 to 10 minutes. Reduce heat to low and cook, stirring occasionally, until onions are very limp and deep golden brown, about 45 minutes longer. Stir in chopped thyme, salt, and pepper and let cool.
- ☐ Preheat oven to 40
- ☐ Cover a large baking sheet with parchment paper and spread puff pastry over it.
- ☐ Bake until puffed and golden brown, 18 to 20 minutes.
- ☐ Spread onion mixture over pastry, leaving a thin border (toppings will deflate pastry).
- ☐ Arrange roasted red peppers in a grid of squares over onions, add 2 olives to each square, and sprinkle with capers.
- ☐ Bake until pastry is well browned, 10 to 15 minutes longer.
- ☐ Sprinkle with whole thyme leaves. Flake a little tuna onto each square.
- ☐ Slide tart onto a board and cut into squares.
- ☐ Serve warm or at room temperature.
- ☐ *Puff-pastry packages vary. Pepperidge Farm's 3-oz. package contains 2 sheets; if using, spread the sheets on separate baking sheets and bake 12 to 15 minutes, then divide toppings between the two and bake 10 to 12 minutes longer.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:8.67, Inflammation Score:-8, Nutrition Score:8.9539131392603%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg

Nutrients (% of daily need)

Calories: 248.25kcal (12.41%), Fat: 15.94g (24.52%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 18.93g (6.88%), Sugar: 2.61g (2.9%), Cholesterol: 5.1mg (1.7%), Sodium: 1024.16mg (44.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin C: 25.33mg (30.7%), Selenium: 17.53µg (25.04%), Manganese: 0.32mg (16.2%), Vitamin B3: 3.03mg (15.15%), Vitamin B1: 0.16mg (10.98%), Folate: 42.84µg (10.71%), Vitamin B6: 0.2mg (10%), Iron: 1.73mg (9.62%), Fiber: 2.4g (9.6%), Vitamin B2: 0.13mg (7.86%), Vitamin K: 7.57µg (7.21%), Copper: 0.14mg (7.13%), Phosphorus: 63.91mg (6.39%), Vitamin E: 0.94mg (6.28%), Vitamin A: 308.79IU (6.18%), Vitamin B12: 0.36µg (6.07%), Potassium: 197.4mg (5.64%), Magnesium: 21.54mg (5.39%), Calcium: 45.1mg (4.51%), Zinc: 0.45mg (3.02%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.11mg (1.13%)