



## Ultimate onion tart

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



499 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 300 g pastry crust frozen thawed
- ☐ 25 g butter
- ☐ 2 tbsp olive oil
- ☐ 900 g onion halved thinly sliced
- ☐ 2 medium eggs
- ☐ 300 ml double cream
- ☐ 40 g vegetarian parmesan -style cheese grated

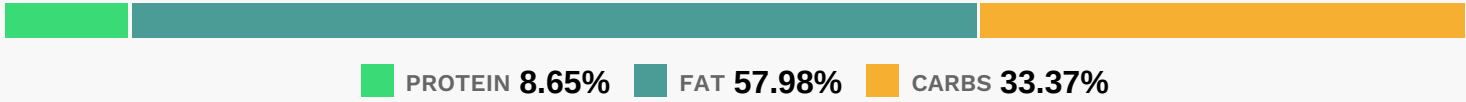
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Roll out the pastry on a lightly floured surface and use to line a deep 23cm fluted flan tin. Line with baking paper and fill with baking beans.
- ☐ Bake blind for 15 mins.
- ☐ Heat the butter and oil in a large frying pan, then gently fry the onions, covered, for about 30 mins until completely softened, but still pale in colour.
- ☐ Beat the eggs and cream together in a bowl, then add the cheese and some seasoning. Stir in the onions, then spoon the mixture into the flan case.
- ☐ Bake for 25–30 mins until lightly set and browned.

## Nutrition Facts



## Properties

Glycemic Index:23.67, Glycemic Load:12.79, Inflammation Score:–8, Nutrition Score:13.16173899692%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

## Nutrients (% of daily need)

Calories: 498.75kcal (24.94%), Fat: 32.47g (49.95%), Saturated Fat: 16.71g (104.41%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 38.56g (14.02%), Sugar: 8.03g (8.92%), Cholesterol: 124.89mg (41.63%), Sodium: 415.59mg (18.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Selenium: 19.95µg (28.5%), Vitamin B1: 0.36mg (23.88%), Vitamin B2: 0.4mg (23.3%), Manganese: 0.44mg (21.87%), Folate: 82µg (20.5%),

Vitamin A: 977.78IU (19.56%), Phosphorus: 186.48mg (18.65%), Calcium: 161.39mg (16.14%), Fiber: 3.5g (14%),  
Vitamin C: 11.4mg (13.82%), Iron: 2.31mg (12.83%), Vitamin B6: 0.24mg (12.19%), Vitamin B3: 2.27mg (11.37%), Vitamin  
E: 1.47mg (9.8%), Potassium: 331.2mg (9.46%), Magnesium: 30.8mg (7.7%), Vitamin D: 1.13µg (7.54%), Vitamin B5:  
0.72mg (7.23%), Zinc: 1mg (6.65%), Vitamin K: 6.72µg (6.4%), Copper: 0.13mg (6.36%), Vitamin B12: 0.3µg (4.97%)