



## Vegetable Tart With Goat Cheese

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



405 kcal

### Ingredients

- 1 cup spinach frozen thaw
- 0.3 cup goat cheese crumbled
- 1 cup mushrooms sliced
- 1 cup mushrooms sliced
- 1 sheet puff pastry
- 1 bell pepper red sliced
- 4 servings salt and pepper to taste

### Equipment

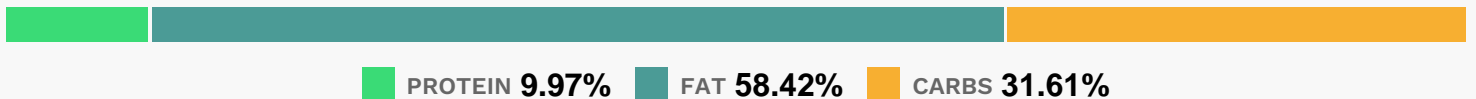
- frying pan

- baking sheet
- baking paper
- oven

## Directions

- Pre-heat oven to 350F.
- Roll out puff pastry onto a cookie sheet, leaving parchment paper on pan to keep it from sticking.
- Spread spinach over the top, leaving an inch of the sides uncovered.
- Spread mushrooms on top of spinach and add bell pepper slices on top.
- Sprinkle crumbled goat cheese over the top. Salt and pepper to taste.
- Bake for 15-20 minutes

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:15.68, Inflammation Score:-10, Nutrition Score:24.423043478261%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Taste

Sweetness: 17.83%, Saltiness: 77.38%, Sourness: 19.94%, Bitterness: 25.14%, Savoriness: 53.87%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 404.55kcal (20.23%), Fat: 26.8g (41.23%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 29.47g (10.72%), Sugar: 3.03g (3.37%), Cholesterol: 6.53mg (2.18%), Sodium: 430.96mg (18.74%), Protein: 10.29g (20.58%), Vitamin K: 156.65µg (149.19%), Vitamin A: 5651.78IU (113.04%), Vitamin C: 41.23mg (49.98%), Manganese: 0.64mg (32.2%), Folate: 127.87µg (31.97%), Selenium: 22.05µg (31.51%), Vitamin B2: 0.53mg (31.34%), Vitamin B3: 4.84mg (24.18%), Vitamin B1: 0.35mg (23.02%), Copper: 0.39mg (19.38%), Iron: 2.94mg (16.36%), Phosphorus: 141.2mg (14.12%), Vitamin E: 1.96mg (13.08%), Fiber: 3.15g (12.62%), Vitamin B6:

0.25mg (12.6%), Magnesium: 49.22mg (12.3%), Potassium: 391.44mg (11.18%), Vitamin B5: 0.95mg (9.46%), Calcium: 79.94mg (7.99%), Zinc: 1mg (6.65%), Vitamin D: 0.15 $\mu$ g (1.02%)