



## Warm Onion Tart with Thyme

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon thyme sprigs fresh
- 1 onion spanish
- 1 sheet puff pastry frozen thawed
- 6 servings pepper black freshly ground
- 1 tablespoon butter unsalted

### Equipment

- food processor
- frying pan

- baking sheet
- oven
- cookie cutter
- spatula

## Directions

- Peel and cut the onion in half through the root. Trim the ends and then julienne the onion lengthwise.
- Melt the butter in a small sauté pan over medium heat.
- Add the onion and thyme and cook, stirring occasionally, for 10 to 15 minutes or until the onion is a deep golden brown. Season to taste with salt and pepper. Keep warm until ready to serve.
- Meanwhile, preheat the oven to 400°F.
- Peel and cut the onion in half through the root. Trim the ends and then julienne the onion lengthwise.
- Melt the butter in a small sauté pan over medium heat.
- Add the onion and thyme and cook, stirring occasionally, for 10 to 15 minutes or until the onion is a deep golden brown. Season to taste with salt and pepper. Keep warm until ready to serve.
- Meanwhile, preheat the oven to 400°F.
- Unfold the puff pastry sheet on a lightly floured work surface and turn over to prevent the creases from splitting. Pat down gently to flatten the sheet.
- Using a 1-inch round fluted cookie cutter, stamp out 6 rounds and transfer to an ungreased baking sheet.
- Bake for 8 to 10 minutes or until puffed and golden brown.
- Taste
- Book, using the USDA Nutrition Database
- He has also been nominated four times for the James Beard Award for Best Chef in the Midwest, winning the award in 200
- Tru, which opened its doors in May 1999, was nominated for the 2000 James Beard Award for Best New Restaurant and named one of the Top 50 Best Restaurants in the World by Condé Nast Traveler. Tramonto is the coauthor, with his partner Gale Gand, of American Brasseries and Butter Sugar Flour Eggs. Mary Goodbody is a nationally known food writer and editor who

has worked on more than forty-five books. Her most recent credits include Williams-Sonoma Kitchen Companion, The Garden Entertaining Cookbook, and Back to the Table. She is the editor of the IACP Food Forum Quarterly, was the first editor in chief of Cooks magazine, and is a senior contributing editor for Choc-olatier magazine and Pastry Art & Design magazine. Tim Turner is a nationally acclaimed food and tabletop photographer. He is a two-time James Beard Award winner for Best Food Photography, winning most recently in 200

His previous projects include Charlie Trotters Recipes, Charlie Trotter's Meat and Game, The Inn at Little Washington, Norman's New World Cuisine (by Norman Van Aken), Jacques Pepin's Kitchen, and American Brasserie.

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Reviews

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This was a pretty good recipe. The instructions are slightly flawed I did add cream and a few mushrooms the second time I made it to give it more substance and it was a huge hit. I will make it again but with these changes.

by Mean

AuntJenny from Denver, NC on 07/13/11

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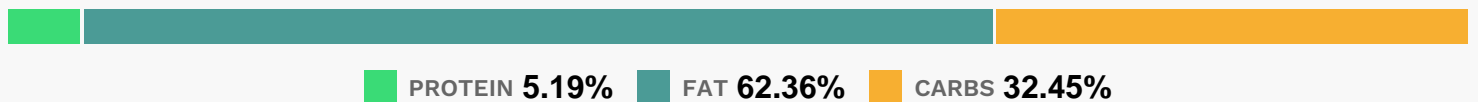
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## Nutrition Facts



### Properties

Glycemic Index:26.67, Glycemic Load:10.42, Inflammation Score:-8, Nutrition Score:4.6204347140763%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 250.48kcal (12.52%), Fat: 17.49g (26.91%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 19.37g (7.04%), Sugar: 1.08g (1.2%), Cholesterol: 5.02mg (1.67%), Sodium: 102.79mg (4.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Selenium: 10µg (14.29%), Manganese: 0.26mg (12.79%), Vitamin B1: 0.17mg (11.45%), Folate: 35.95µg (8.99%), Vitamin B3: 1.75mg (8.73%), Vitamin B2: 0.13mg (7.47%), Iron: 1.3mg (7.21%), Vitamin K: 6.97µg (6.64%), Fiber: 1.11g (4.45%), Vitamin C: 3.22mg (3.91%), Phosphorus: 31.77mg (3.18%), Copper: 0.06mg (3.09%), Magnesium: 10.45mg (2.61%), Vitamin A: 115.06IU (2.3%), Vitamin E: 0.28mg (1.86%), Zinc: 0.27mg (1.81%), Vitamin B6: 0.04mg (1.75%), Potassium: 60.67mg (1.73%), Calcium: 14.03mg (1.4%)