



Wild Leek and Double Smoked Bacon Tart

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



355 kcal

Ingredients

- ☐ 6 strips double bacon smoked cut into 1 inch slices
- ☐ 2 eggs
- ☐ 0.5 cup gruyere cheese grated
- ☐ 0.5 cup heavy cream
- ☐ 1 bunch leeks aka ramps wild sliced
- ☐ 1 pie crust chilled
- ☐ 6 servings salt and pepper to taste

Equipment

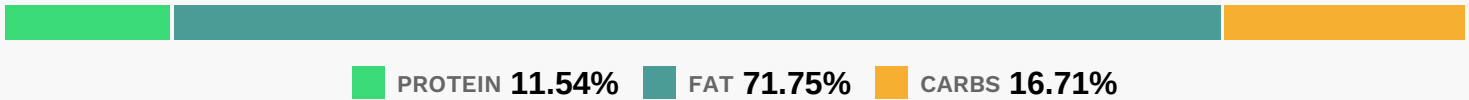
- ☐ frying pan

- ☐ oven
- ☐ tart form

Directions

- ☐ Cook the bacon in a pan over medium heat and drain off all but half a tablespoon of the grease.
- ☐ Add the whites of the wild leeks, saute for a minute and remove from heat.
- ☐ Roll out the pie dough, fit it to a 9 inch tart pan and trim the excess dough.
- ☐ Mix the bacon, wild leeks, eggs, cream, cheese, salt and pepper and pour it into the pie crust.
- ☐ Bake in a preheated 350F oven until it sets and the top is lightly golden brown, about 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:6.9039130800444%

Nutrients (% of daily need)

Calories: 355.16kcal (17.76%), Fat: 28.23g (43.43%), Saturated Fat: 12.34g (77.1%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 14.08g (5.12%), Sugar: 0.68g (0.76%), Cholesterol: 103.59mg (34.53%), Sodium: 560.07mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.43%), Selenium: 12.73µg (18.19%), Phosphorus: 159.23mg (15.92%), Calcium: 139.1mg (13.91%), Vitamin B2: 0.2mg (11.83%), Vitamin B1: 0.16mg (10.34%), Vitamin A: 486.23IU (9.72%), Vitamin B3: 1.69mg (8.43%), Vitamin B12: 0.45µg (7.47%), Folate: 28.73µg (7.18%), Zinc: 1.05mg (7.02%), Manganese: 0.14mg (6.76%), Iron: 1.13mg (6.26%), Vitamin B5: 0.57mg (5.74%), Vitamin B6: 0.11mg (5.69%), Vitamin D: 0.76µg (5.1%), Vitamin E: 0.59mg (3.96%), Magnesium: 14.05mg (3.51%), Potassium: 119.38mg (3.41%), Vitamin K: 3.12µg (2.97%), Fiber: 0.71g (2.85%), Copper: 0.05mg (2.36%)