



Wild Mushroom and Gruyère Tart with Fresh Herb Salad

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 tablespoons chervil fresh
- ☐ 0.3 cup chives fresh
- ☐ 0.3 cup crème fraîche sour
- ☐ 1 large egg yolk with 1 teaspoon water (for glaze) beaten to blend
- ☐ 1.5 pounds mushrooms wild fresh assorted stemmed sliced (such as chanterelle, oyster, or shiitake)
- ☐ 3 tablespoons tarragon fresh
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 1.5 cups spring onion thinly sliced

- ☐ 4 ounces gruyere cheese thinly sliced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 6 tablespoons parsley fresh italian
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 0.5 cup ricotta cheese

Equipment

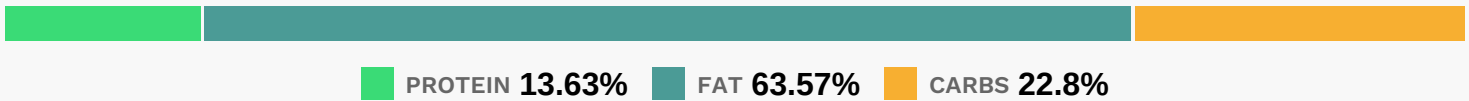
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Puree ricotta in processor until smooth, about 1 minute.
- ☐ Add 1 yolk and 2 teaspoons oil and blend.
- ☐ Transfer ricotta mixture to bowl; fold in crème fraîche.
- ☐ Heat remaining 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add mushrooms and sauté 7 minutes.
- ☐ Mix in thyme. Season to taste with salt and pepper.
- ☐ Add butter and sauté until mushrooms are tender, about 4 minutes longer.
- ☐ Mix in green onions.
- ☐ Preheat oven to 400°F.
- ☐ Roll out puff pastry on lightly floured surface to 13x9-inch rectangle. Using sharp knife and starting 1/4 inch in from edge, cut score line around entire perimeter of dough, cutting halfway through.
- ☐ Brush 1/4-inch dough border with glaze.

- ☐ Transfer dough to ungreased heavy baking sheet.
- ☐ Spread ricotta mixture over dough, inside border. Top with half of mushrooms, half of Gruyère, then remaining mushrooms and Gruyère.
- ☐ Bake tart until crust is golden and Gruyère melts, about 25 minutes.
- ☐ Toss herbs with oil and lemon juice in small bowl. Season with salt and pepper.
- ☐ Cut tart into rectangles.
- ☐ Transfer to plates.
- ☐ Garnish with herb salad.

Nutrition Facts



Properties

Glycemic Index:64.83, Glycemic Load:12.48, Inflammation Score:-9, Nutrition Score:25.630869637365%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 489.22kcal (24.46%), Fat: 35.69g (54.91%), Saturated Fat: 12.64g (78.98%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 25.58g (9.3%), Sugar: 3.71g (4.13%), Cholesterol: 72.6mg (24.2%), Sodium: 289.73mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.43%), Vitamin K: 133.33µg (126.98%), Vitamin B2: 0.79mg (46.47%), Selenium: 29.19µg (41.7%), Calcium: 356.99mg (35.7%), Manganese: 0.66mg (32.87%), Vitamin B3: 6.51mg (32.54%), Phosphorus: 323.82mg (32.38%), Vitamin A: 1438.38IU (28.77%), Folate: 101.77µg (25.44%), Iron: 4.54mg (25.23%), Copper: 0.49mg (24.52%), Vitamin C: 18.49mg (22.41%), Potassium: 765.92mg (21.88%), Vitamin B1: 0.31mg (20.89%), Vitamin B5: 2.01mg (20.14%), Zinc: 2.4mg (16.03%), Vitamin B6: 0.3mg (14.86%), Fiber: 3.22g (12.9%), Magnesium: 51.46mg (12.86%), Vitamin E: 1.51mg (10.07%), Vitamin B12: 0.5µg (8.29%), Vitamin D: 0.53µg (3.56%)