



Wild Mushroom Tart

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

Ingredients

- 1.3 cups flour
- 10 ounces mushrooms sliced
- 2 tablespoons brandy
- 1 ounce the following: parmesan rind) dried
- 1 large eggs
- 2 large egg yolk
- 2 tablespoons herbs: rosemary fresh chopped
- 0.7 cup gruyere cheese grated
- 2 tablespoons water ()
- 0.5 teaspoon salt

- 0.3 cup shallots minced
- 0.3 cup butter unsalted ()
- 1 cup water
- 0.8 cup whipping cream

Equipment

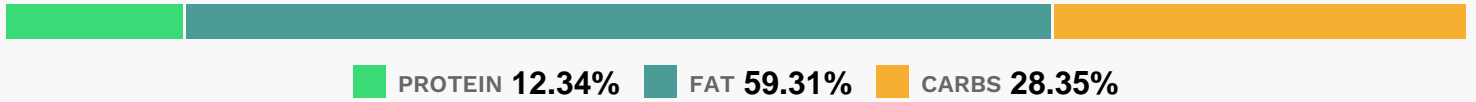
- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- tart form

Directions

- Blend flour and salt in processor.
- Cut in butter using on/off turns until mixture resembles coarse meal.
- Add enough water to blend dough. Gather dough into ball; flatten into disk. Wrap in plastic, chill 45 minutes.
- Roll out dough on floured surface to 12-inch round.
- Transfer to 9-inch-diameter tart pan with removable bottom. Trim edges, leaving 1/2-inch overhang. Fold overhang in to form double-thick sides. Press tart edges to raise dough 1/8 inch above pan. Chill 30 minutes.
- Bring 1 cup water to boil in saucepan.
- Add porcini; remove from heat and let stand 30 minutes. Spoon porcini from liquid; reserve liquid. Coarsely chop porcini.
- Melt butter in heavy large skillet over high heat.
- Add porcini and crimini mushrooms. Season with salt; sauté until deep golden, about 10 minutes.
- Add shallots; sauté 2 minutes.

- Add Cognac and reserved porcini liquid, leaving any sand behind in saucepan. Boil until almost all liquid is absorbed, about 3 minutes.
- Mix in 1 tablespoon herbs. Cool.
- Preheat oven to 375°F. Line crust with foil. Fill with dried beans; bake until golden, about 15 minutes. Maintain oven temperature.
- Sprinkle 1/3 cup cheese in crust. Cover with mushrooms.
- Whisk cream, yolks, egg and 1 tablespoon herbs in bowl.
- Pour custard over mushrooms. Top with remaining cheese.
- Bake until filling is set and top is golden, about 30 minutes. Cool on rack 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:15.13, Inflammation Score:-7, Nutrition Score:15.795652244402%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 398kcal (19.9%), Fat: 25.93g (39.89%), Saturated Fat: 15.35g (95.96%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 25.8g (9.38%), Sugar: 2.89g (3.21%), Cholesterol: 162.29mg (54.1%), Sodium: 329.83mg (14.34%), Alcohol: 1.67g (100%), Alcohol %: 1.02% (100%), Protein: 12.14g (24.27%), Selenium: 24.37µg (34.81%), Vitamin B2: 0.55mg (32.36%), Phosphorus: 236.4mg (23.64%), Vitamin B5: 2.35mg (23.55%), Copper: 0.47mg (23.53%), Vitamin K: 24.1µg (22.95%), Vitamin A: 1052.16IU (21.04%), Folate: 83.9µg (20.97%), Vitamin B3: 3.99mg (19.97%), Vitamin B1: 0.29mg (19.52%), Calcium: 194.8mg (19.48%), Manganese: 0.3mg (14.82%), Iron: 2.09mg (11.6%), Zinc: 1.74mg (11.6%), Potassium: 351.14mg (10.03%), Vitamin B6: 0.2mg (9.9%), Vitamin D: 1.46µg (9.72%), Vitamin B12: 0.5µg (8.37%), Fiber: 2.08g (8.31%), Magnesium: 28.24mg (7.06%), Vitamin E: 0.8mg (5.35%), Vitamin C: 3.9mg (4.72%)