



Zippy Zucchini Tart

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 1 cup ricotta cheese
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 serving pepper freshly ground to taste
- ☐ 2 small zucchini thinly sliced
- ☐ 4 medium tomatoes thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 oz parmesan shredded

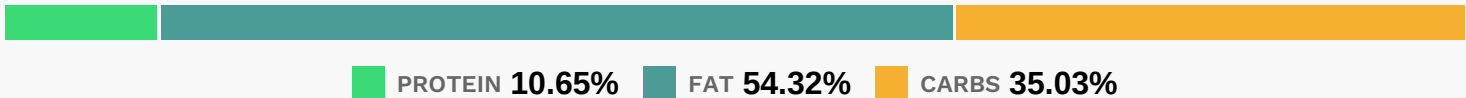
Equipment

- ☐ bowl
- ☐ oven
- ☐ tart form

Directions

- ☐ Heat oven to 400°F. Press pie crust in bottom and halfway up side of 9-inch tart pan.
- ☐ In small bowl, mix ricotta cheese, basil and garlic.
- ☐ Add salt and pepper.
- ☐ Spread over bottom of crust. Arrange zucchini and tomato slices over cheese mixture.
- ☐ Drizzle with oil.
- ☐ Sprinkle with Parmesan cheese and additional salt and pepper to taste.
- ☐ Bake 22 to 28 minutes or until crust edges are golden brown.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:9.3273913134699%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 328.99kcal (16.45%), Fat: 19.94g (30.68%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 26.62g (9.68%), Sugar: 2.48g (2.75%), Cholesterol: 18.22mg (6.07%), Sodium: 365.46mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Manganese: 0.37mg (18.29%), Vitamin C: 14.03mg (17.01%), Vitamin A: 763.93IU (15.28%), Folate: 55.61µg (13.9%), Phosphorus: 136.97mg (13.7%), Calcium: 128.85mg (12.89%), Vitamin K: 13.34µg (12.7%), Vitamin B1: 0.18mg (12.04%), Selenium: 8.31µg (11.87%), Vitamin B2:

0.2mg (11.64%), Iron: 1.76mg (9.79%), Vitamin B3: 1.9mg (9.5%), Fiber: 2.31g (9.24%), Potassium: 311.71mg (8.91%),
Vitamin B6: 0.15mg (7.45%), Magnesium: 25.07mg (6.27%), Vitamin E: 0.9mg (5.97%), Zinc: 0.89mg (5.96%),
Copper: 0.1mg (5.07%), Vitamin B5: 0.41mg (4.05%), Vitamin B12: 0.15µg (2.47%)