



Zucchini Goat Cheese Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

Ingredients

- ☐ 1.5 cups flour
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 teaspoons fleur del sel
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 0.7 cup goat cheese at room temperature
- ☐ 0.5 cup greek yogurt
- ☐ 2 tablespoons water
- ☐ 1 teaspoon milk
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons sesame seed
- ☐ 0.3 cup butter unsalted cold cut in 1/4 inch dice
- ☐ 1 zucchini paper thin with a mandolin) cut into slices (preferably

Equipment

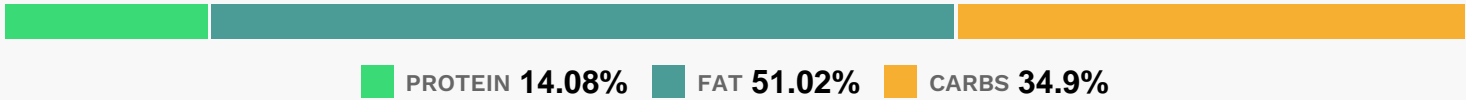
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Place flour, butter, yogurt, and salt in the bowl of a food processor. Pulse until butter is in pea sized pieces, about 10 pulses.
- ☐ Add ice water and pulse until flour is incorporated and dough comes together in a ball, about one minute. Cover dough in plastic wrap and let chill in refrigerator for 30 minutes.
- ☐ Preheat oven to 350°F. Line a baking sheet with parchment paper.
- ☐ On a lightly floured surface, roll dough out into approximately an 8 by 11 inch rectangle. Note: this tart is meant to be rustic, not perfectly shaped.
- ☐ Sprinkle dough with sesame seeds and lightly roll with rolling pin to embed seeds into crust.
- ☐ Place dough on a baking sheet. Prick dough all over with a fork. Cover dough with another piece of parchment paper and line with pie weights.
- ☐ Bake for 35 minutes, or until golden brown.
- ☐ Remove pie weights and let cool.
- ☐ Assembly: In a small bowl, combine goat cheese and milk.
- ☐ Whisk until goat cheese has a creamy consistency.
- ☐ Spread goat cheese evenly over crust.

- ☐ Lay zucchini over goat cheese, overlapping slightly, until completely covering crust.
- ☐ Sprinkle with thyme and fleur de sel.
- ☐ Drizzle with olive oil right before serving.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:17.53, Inflammation Score:-9, Nutrition Score:10.46086947296%

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 Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 301.46kcal (15.07%), Fat: 17.17g (26.41%), Saturated Fat: 9.16g (57.23%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 24.78g (9.01%), Sugar: 1.72g (1.92%), Cholesterol: 32.87mg (10.96%), Sodium: 976.16mg (42.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.31%), Vitamin B1: 0.3mg (20.26%), Vitamin B2: 0.34mg (20.25%), Selenium: 14.05µg (20.06%), Manganese: 0.39mg (19.3%), Copper: 0.37mg (18.4%), Folate: 72.62µg (18.15%), Phosphorus: 154.52mg (15.45%), Iron: 2.68mg (14.87%), Vitamin A: 619.93IU (12.4%), Vitamin B3: 2.28mg (11.41%), Calcium: 98.46mg (9.85%), Vitamin C: 7.72mg (9.35%), Vitamin B6: 0.17mg (8.33%), Magnesium: 30.21mg (7.55%), Fiber: 1.65g (6.59%), Zinc: 0.89mg (5.91%), Potassium: 172.06mg (4.92%), Vitamin B5: 0.45mg (4.5%), Vitamin E: 0.67mg (4.45%), Vitamin K: 4.02µg (3.83%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.25µg (1.68%)