



Zucchini Pesto Tart

READY IN



30 min.

SERVINGS



4

CALORIES



672 kcal

Ingredients

- ☐ 3 tablespoons basil pesto
- ☐ 2 oz gruyere cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 13.2 oz bread crumbs refrigerated french simply® canned
- ☐ 4 servings salt and pepper to taste
- ☐ 2 zucchini cut into 1/8-inch-thick slices

Equipment

- ☐ baking sheet
- ☐ baking paper

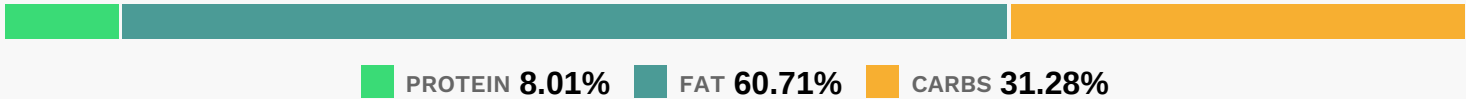
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 oven

Directions

- ☐ Heat oven to 425F. Line cookie sheet with cooking parchment paper or lightly spray with cooking spray.
- ☐ Unroll dough on cookie sheet.
- ☐ Spread pesto evenly over dough. Arrange zucchini slices, slightly overlapping, over pesto. Top with cheese.
- ☐ Drizzle with oil. Lightly sprinkle with salt and pepper.
- ☐ Bake 15 to 20 minutes or until crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:10.343043392119%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 671.71kcal (33.59%), Fat: 45.58g (70.12%), Saturated Fat: 21.93g (137.04%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 48.4g (17.6%), Sugar: 31.77g (35.3%), Cholesterol: 16.49mg (5.5%), Sodium: 755.18mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.06%), Vitamin B3: 4.67mg (23.33%), Vitamin C: 17.54mg (21.26%), Folate: 83.88µg (20.97%), Fiber: 4.43g (17.74%), Calcium: 177.11mg (17.71%), Phosphorus: 157.61mg (15.76%), Iron: 2.44mg (13.54%), Potassium: 470.35mg (13.44%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.18mg (12.24%), Vitamin A: 557.18IU (11.14%), Magnesium: 38.65mg (9.66%), Manganese: 0.18mg (8.82%), Vitamin B6: 0.17mg (8.56%), Zinc: 1.05mg (7.03%), Vitamin K: 6.7µg (6.38%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.23µg (3.78%), Selenium: 2.25µg (3.22%), Copper: 0.06mg (2.83%), Vitamin B5: 0.28mg (2.8%)