



Zucchini, Sun-Dried Tomato, and Mozzarella Tart

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

Ingredients

- ☐ 2 large eggs
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup half and half
- ☐ 0.5 cup sun-dried olives drained thinly sliced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 6 tablespoons parmesan cheese freshly grated
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)

- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 1 small zucchini cut into thin rounds

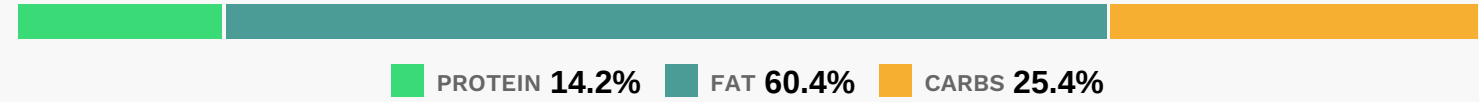
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Roll out pastry on floured surface to 1/8-inch-thick square. Trim pastry edges to form 13-inch round.
- ☐ Transfer to 11-inch tart pan with removable bottom. Fold in overhang to form double-thick sides. Pierce with fork. Cover; chill 1 hour.
- ☐ Preheat oven to 425°F. Line pastry with foil; fill with beans or pie weights.
- ☐ Bake pastry until sides are set, about 20 minutes.
- ☐ Remove foil and beans.
- ☐ Bake crust until bottom is golden brown, pressing with back of fork if bubbles form, about 8 minutes. Cool 5 minutes.
- ☐ Reduce oven temperature to 400°F.
- ☐ Sprinkle mozzarella over bottom of crust. Top with 6 tablespoons Parmesan, tomatoes, basil, green onions, and oregano. Arrange zucchini rounds in concentric circles to cover top of tart.
- ☐ Whisk eggs, half and half, salt, and pepper in medium bowl.
- ☐ Pour mixture into tart.
- ☐ Sprinkle with remaining 1/4 cup Parmesan.
- ☐ Bake tart until custard is set and crust is golden brown, about 35 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:8.62, Inflammation Score:-7, Nutrition Score:11.670869599218%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 328.44kcal (16.42%), Fat: 22.37g (34.42%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.32g (7.03%), Sugar: 4.8g (5.33%), Cholesterol: 76.94mg (25.65%), Sodium: 391.69mg (17.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Selenium: 17.56µg (25.09%), Vitamin K: 26.18µg (24.93%), Calcium: 206.76mg (20.68%), Phosphorus: 203.08mg (20.31%), Vitamin B2: 0.33mg (19.38%), Manganese: 0.38mg (18.87%), Vitamin B1: 0.19mg (12.64%), Iron: 2.14mg (11.87%), Vitamin B12: 0.7µg (11.64%), Potassium: 394.8mg (11.28%), Folate: 45.09µg (11.27%), Vitamin A: 560.13IU (11.2%), Vitamin B3: 2.09mg (10.46%), Zinc: 1.44mg (9.62%), Magnesium: 34.31mg (8.58%), Copper: 0.17mg (8.45%), Vitamin C: 6.48mg (7.85%), Fiber: 1.84g (7.36%), Vitamin B6: 0.11mg (5.57%), Vitamin B5: 0.51mg (5.07%), Vitamin E: 0.59mg (3.96%), Vitamin D: 0.35µg (2.35%)