

Easy Cheesy Apple Tart

DashRecipes.com

Servings: 6

3 onions, sliced thin
3 apples, sliced thin, divided
2 tablespoons olive oil
1 can (13.8 ounce) refrigerated pizza dough
1/2 cup crumbled goat cheese
3 tablespoons fresh parsley, chopped

Preparation Time: 10 minutes

Preheat the oven to 425 degrees.

In a large skillet, cook the onions and half of the apples in oil until soft and beginning to brown.

On a parchment-lined baking sheet, press the dough into a large rectangle. Prick with a fork in several places.

Bake for 10 minutes or until golden.

Spread the cooked mixture over the crust.
Sprinkle with cheese.

Broil for 1 minute.

Top with the remaining apples slices and parsley.

Cut into squares.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 145 Calories; 8g Fat (48.9% calories from fat); 4g Protein; 16g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Dessert

Per Serving Nutritional Analysis

Calories (kcal):	145	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	41.3%	Thiamin B1 (mg):	trace

% Calories from Protein:	9.8%
Total Fat (g):	8g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	10mg
Carbohydrate (g):	16g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	35mg
Potassium (mg):	181mg
Calcium (mg):	103mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	186IU
Vitamin A (r.e.):	29RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	145	Calories from Fat: 71
-----------------	-----	-----------------------

% Daily Values*

Total Fat	8g	13%
Saturated Fat	3g	15%
Cholesterol	10mg	3%
Sodium	35mg	1%
Total Carbohydrates	16g	5%
Dietary Fiber	3g	12%
Protein	4g	
Vitamin A		4%
Vitamin C		17%
Calcium		10%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.