

Fiddlehead and Gruyere Tart

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fiddlehead-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 leek trimmed, cleaned and sliced thinly
- 1 clove garlic chopped
- 1/2 lemon juice
- 3 sheets phyllo dough thawed as directed on package and cut in half lengthwise
- olive oil *
- pepper
- salt
- 1 cup gruyere grated
- 1/2 pound fiddleheads well cleaned and blanched for 3 minutes

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 290 milligrams
9. Sugar: 1 grams

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