



Asparagus and Cheese Tart

READY IN



50 min.

SERVINGS



6

CALORIES



373 kcal

Ingredients

- 1 pound asparagus trimmed
- 2 large egg yolks
- 3 ounces fontina grated
- 3 ounces gruyère cheese grated
- 6 servings kosher salt and pepper freshly ground
- 0.5 teaspoon lemon zest finely grated
- 0.1 teaspoon nutmeg freshly grated
- 2 teaspoons olive oil extra-virgin
- 0.5 pound sheets puff pastry frozen thawed ()
- 1 tablespoon shallots minced

3 tablespoons milk whole

Equipment

bowl

frying pan

baking sheet

oven

Directions

Fill a large bowl with ice water. Bring about 1 inch of water to a boil in a large skillet.

Add the asparagus; cook until bright green and crisp-tender, 2 to 5 minutes, depending on the thickness of the asparagus.

Drain and transfer to the ice water to stop the cooking; drain and pat dry. Preheat the oven to 400 degrees F.

Roll out the puff pastry into a 10-by-16-inch rectangle on a floured surface.

Transfer to a parchment-lined baking sheet and prick all over with a fork.

Bake until light golden brown, about 12 minutes.

Let cool slightly on the baking sheet.

Meanwhile, mix the fontina, comte, shallot, egg yolks, milk, nutmeg and a pinch each of salt and pepper in a bowl until combined.

Spread the cheese mixture evenly over the puff pastry, leaving a 1-inch border on all sides. Toss the asparagus with the olive oil, 1/4 teaspoon salt, and pepper to taste. Arrange the asparagus on the tart and bake until the cheese mixture is slightly puffy, 15 to 20 minutes.

Sprinkle with the lemon zest.

Serve warm or at room temperature.

Photograph by Kana Okada

Nutrition Facts



PROTEIN 14.27% FAT 63.34% CARBS 22.39%

Properties

Glycemic Index:42.17, Glycemic Load:9.93, Inflammation Score:-7, Nutrition Score:13.806956508885%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 373.11kcal (18.66%), Fat: 26.57g (40.88%), Saturated Fat: 9.95g (62.2%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 18.9g (6.87%), Sugar: 2.51g (2.79%), Cholesterol: 94.14mg (31.38%), Sodium: 509.84mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.94%), Vitamin K: 39.16µg (37.3%), Selenium: 18.34µg (26.19%), Calcium: 260.63mg (26.06%), Phosphorus: 227.58mg (22.76%), Folate: 79.96µg (19.99%), Vitamin B1: 0.29mg (19.03%), Vitamin B2: 0.32mg (18.99%), Vitamin A: 929.75IU (18.6%), Manganese: 0.32mg (15.91%), Iron: 2.83mg (15.71%), Zinc: 1.83mg (12.18%), Vitamin B3: 2.36mg (11.82%), Vitamin B12: 0.62µg (10.27%), Copper: 0.2mg (10.03%), Vitamin E: 1.48mg (9.86%), Fiber: 2.23g (8.94%), Vitamin B6: 0.13mg (6.52%), Magnesium: 25.36mg (6.34%), Potassium: 219.78mg (6.28%), Vitamin C: 4.58mg (5.56%), Vitamin B5: 0.55mg (5.5%), Vitamin D: 0.56µg (3.72%)