

**18%**
HEALTH SCORE

Asparagus and Gruyère Tart

 **Gluten Free**

READY IN

**45 min.**

SERVINGS

**8**

CALORIES

**394 kcal**

Ingredients

- 3 pounds asparagus white green thick trimmed to 6 inches and peeled
- 2 large eggs
- 1 cup gruyere cheese finely grated
- 1 cup cup heavy whipping cream
- 0.5 teaspoon kosher salt for sprinkling
- 0.3 teaspoon nutmeg freshly grated
- 8 servings pastry cream sour black

Equipment

- bowl

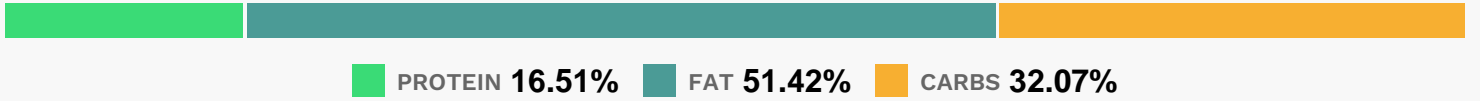
- frying pan
- paper towels
- oven
- whisk
- pizza pan
- aluminum foil
- rolling pin
- tart form

Directions

- Roll out pastry dough on a floured surface into a 15 1/2-inch round.
- Transfer to pizza pan by rolling dough around rolling pin and unrolling it across pan. Trim edge just enough to make even, then fold over and pinch to form a 1/2-inch-high, double-thick side. Prick bottom of shell all over with a fork and chill until firm, at least 30 minutes.
- Preheat oven to 375°F.
- Line shell with foil and fill with pie weights or raw rice.
- Bake in middle of oven until sides are firm, about 20 minutes.
- Remove foil and weights carefully and bake shell until golden, about 10 minutes more, then cool.
- Layer asparagus on a steamer rack, sprinkling each layer with kosher salt to taste. Steam, covered, over boiling water until completely tender but not mushy, about 8 minutes for green asparagus or 12 for white, then transfer to a bowl of ice water to stop cooking.
- Drain well and pat dry with paper towels.
- Whisk together cream, eggs, 1/2 teaspoon kosher salt, and nutmeg, then season lightly with pepper.
- Pour custard evenly in tart shell.
- Sprinkle custard with two thirds of cheese, then arrange spears in custard, tips out (like the spokes of a wheel).
- Sprinkle remaining cheese over top.
- Bake tart in middle of oven until custard is set, about 20 minutes.

- Then broil tart 2 to 3 inches from heat until golden, 1 to 2 minutes.
- If you don't have a pizza pan, you can use a 12-inch tart pan (you'll need to trim asparagus to 5 1/2 inches).

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:10.06, Inflammation Score:-9, Nutrition Score:23.794347928918%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 393.54kcal (19.68%), Fat: 23.12g (35.58%), Saturated Fat: 13.3g (83.14%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 28.86g (10.49%), Sugar: 10.99g (12.21%), Cholesterol: 170.18mg (56.73%), Sodium: 410.79mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.42%), Vitamin K: 72.48µg (69.03%), Vitamin A: 2203.86IU (44.08%), Calcium: 430.3mg (43.03%), Vitamin B2: 0.71mg (41.72%), Phosphorus: 413.71mg (41.37%), Selenium: 19.5µg (27.85%), Folate: 109.9µg (27.48%), Iron: 4.4mg (24.44%), Vitamin B1: 0.35mg (23.35%), Potassium: 694.59mg (19.85%), Vitamin B12: 1.16µg (19.27%), Copper: 0.38mg (19.1%), Vitamin B5: 1.81mg (18.12%), Vitamin D: 2.52µg (16.78%), Zinc: 2.52mg (16.77%), Vitamin E: 2.46mg (16.39%), Vitamin B6: 0.29mg (14.51%), Manganese: 0.29mg (14.37%), Fiber: 3.59g (14.34%), Magnesium: 56.01mg (14%), Vitamin C: 9.85mg (11.94%), Vitamin B3: 1.9mg (9.48%)