



Asparagus and Mushroom Tarts



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

Ingredients

- ☐ 1 pound slender asparagus spears trimmed
- ☐ 1 teaspoon coarse kosher salt divided
- ☐ 0.5 cup crème fraîche
- ☐ 12 ounces mushroom caps fresh stemmed cut into 1/4-inch-wide strips
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 0.5 teaspoon coarsely ground pepper black divided
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 1 sprigs thyme leaves fresh (for garnish)

☐ 0.3 cup butter unsalted ()

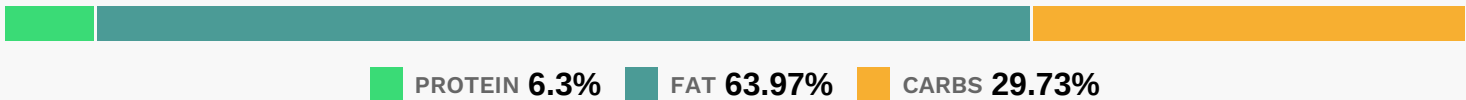
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Roll out each pastry sheet on work surface to 10-inch square.
- ☐ Cut each into 4 squares. Using small knife, score 1/2-inch border (do not cut through pastry) around inside edges of each square. Arrange squares on 2 rimmed baking sheets. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Melt butter in heavy large skillet over medium-high heat.
- ☐ Add mushrooms; sprinkle with 1/4 teaspoon coarse salt and 1/4 teaspoon pepper. Sauté until tender and lightly browned, about 4 minutes.
- ☐ Transfer mushrooms to large bowl; cool 15 minutes.
- ☐ Add asparagus, chopped thyme, lemon peel, 3/4 teaspoon coarse salt, and 1/4 teaspoon pepper to mushrooms.
- ☐ Mix crème fraîche and cheese. DO AHEAD: Filling can be made 1 day ahead. Cover; chill.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Mound filling atop pastry squares, leaving 1/2-inch plain border.
- ☐ Bake tarts 12 minutes. Reverse sheets. Continue to bake tarts until crusts are puffed and golden and filling is cooked through, about 10 minutes longer.
- ☐ Transfer to plates; garnish with thyme sprigs.
- ☐ * Sold at most supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:15.91, Inflammation Score:-8, Nutrition Score:13.350000031616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 443.91kcal (22.2%), Fat: 32.19g (49.52%), Saturated Fat: 11.03g (68.97%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 30.35g (11.04%), Sugar: 3.04g (3.38%), Cholesterol: 23.73mg (7.91%), Sodium: 453.63mg (19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.27%), Vitamin K: 34.37µg (32.74%), Selenium: 19.18µg (27.39%), Manganese: 0.51mg (25.69%), Vitamin B3: 4.79mg (23.93%), Vitamin B1: 0.34mg (22.35%), Vitamin B2: 0.38mg (22.07%), Folate: 84.2µg (21.05%), Iron: 3.07mg (17.07%), Vitamin A: 720.71IU (14.41%), Fiber: 3.31g (13.26%), Phosphorus: 127.29mg (12.73%), Copper: 0.25mg (12.31%), Vitamin B6: 0.2mg (9.9%), Potassium: 306.24mg (8.75%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 1.19mg (7.95%), Zinc: 1.14mg (7.57%), Magnesium: 28.91mg (7.23%), Vitamin C: 4.59mg (5.56%), Calcium: 40.07mg (4.01%), Vitamin D: 0.28µg (1.84%)