



Asparagus and Tomato Tart

READY IN



75 min.

SERVINGS



8

CALORIES



219 kcal

Ingredients

- 1 bunch asparagus tips fresh for round 2 recipe
- 2 slices bacon chopped
- 1 teaspoon balsamic vinegar
- 0.3 pepper black freshly ground plus more for seasoning
- 14.5 ounce canned tomatoes diced divided drained well canned
- 2 eggs lightly beaten
- 1.5 teaspoons basil leaves fresh chopped
- 1 tablespoon parsley leaves fresh chopped
- 0.3 cup milk
- 1 medium onion chopped

- 1 9-inch pie crust frozen (1)
- 0.5 cup ricotta cheese
- 0.5 teaspoon salt plus more for seasoning

Equipment

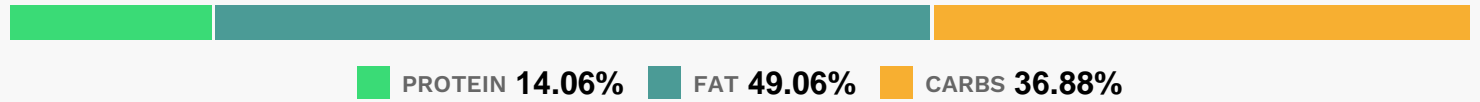
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk

Directions

- Preheat oven to 375 degrees F.
- Place the frozen pie crust onto a baking sheet. Prick the bottom of the crust with a fork and bake for 10 minutes.
- Saute the bacon in a skillet over medium heat until crisp.
- Remove bacon and drain on a paper towel.
- Add onion and asparagus tips to the skillet with the bacon fat and saute until tender, approximately 5 minutes.
- In a large bowl whisk together ricotta, milk and eggs.
- Add parsley, half the tomatoes and season with salt and pepper.
- Add asparagus and onion mixture and combine well.
- Pour egg mixture into the prepared crust.
- Bake in the preheated oven for 40 to 45 minutes or until filling has set and the tart is lightly browned on top.
- Remove from the oven and let cool for 5 minutes.
- Serve warm or at room temperature.
- In a small bowl, toss the remaining tomatoes with the basil, balsamic vinegar and season with a pinch of salt and pepper.

Serve as garnish for tart.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:11.839565256368%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg

Nutrients (% of daily need)

Calories: 219.28kcal (10.96%), Fat: 12.25g (18.84%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 17.54g (6.38%), Sugar: 4.46g (4.96%), Cholesterol: 53.37mg (17.79%), Sodium: 240.21mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.79%), Vitamin K: 38.47µg (36.64%), Manganese: 0.34mg (16.86%), Iron: 2.98mg (16.54%), Folate: 64.58µg (16.15%), Vitamin B1: 0.22mg (14.73%), Vitamin B2: 0.25mg (14.7%), Vitamin A: 727.53IU (14.55%), Selenium: 9.99µg (14.27%), Phosphorus: 130.5mg (13.05%), Fiber: 3.17g (12.69%), Copper: 0.24mg (12.07%), Vitamin C: 9.57mg (11.6%), Vitamin E: 1.62mg (10.77%), Vitamin B3: 2.14mg (10.72%), Potassium: 370.11mg (10.57%), Vitamin B6: 0.21mg (10.28%), Calcium: 92.73mg (9.27%), Magnesium: 29.1mg (7.27%), Vitamin B5: 0.68mg (6.81%), Zinc: 1.01mg (6.74%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.36µg (2.38%)