



## Asparagus-Fontina Tart

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

### Ingredients

- 8 ounces asparagus spears trimmed thin
- 0.1 teaspoon pepper black freshly ground
- 1 large eggs
- 3 large egg whites
- 2 ounces fontina shredded divided
- 0.1 teaspoon ground nutmeg
- 3 tablespoons milk 2% reduced-fat
- 8 sheets phyllo dough frozen thawed ()
- 0.3 teaspoon salt

- 4 ounces yukon gold potatoes shredded peeled

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- aluminum foil
- tart form
- cutting board

## Directions

- Preheat oven to 400.
- Cut asparagus spears 4 inches from tips; reserve tips. Coarsely chop remaining asparagus; set aside.
- Combine egg whites and egg in a medium bowl, stirring with a whisk.
- Add milk, salt, nutmeg, and pepper. Stir in chopped asparagus.
- Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to prevent drying); lightly coat with cooking spray. Repeat layers with remaining phyllo and cooking spray, ending with phyllo. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray.
- Cut phyllo stack into an 11-inch circle using a sharp knife; coarsely chop excess dough. Carefully place phyllo circle into a 9-inch tart pan coated with cooking spray; gently press phyllo into pan. Fold edges over.
- Sprinkle chopped dough over phyllo circle; top with 1/4 cup cheese and potato.
- Place tart pan on a foil-lined baking sheet.
- Pour egg mixture into tart shell. Arrange asparagus spokelike on top of egg mixture with tips toward outside of pan, and sprinkle evenly with 1/4 cup cheese.

Bake at 400 for 20 minutes. Loosely cover tart with foil.

Bake an additional 5 minutes or until tart is set.

## Nutrition Facts

**PROTEIN 21.47%** **FAT 31.17%** **CARBS 47.36%**

### Properties

Glycemic Index:70.69, Glycemic Load:11.35, Inflammation Score:-6, Nutrition Score:12.824347952138%

### Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

### Nutrients (% of daily need)

Calories: 238.78kcal (11.94%), Fat: 8.26g (12.71%), Saturated Fat: 3.86g (24.12%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 25.68g (9.34%), Sugar: 2.38g (2.65%), Cholesterol: 63.84mg (21.28%), Sodium: 509.26mg (22.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 12.8g (25.6%), Selenium: 21.37µg (30.53%), Vitamin B2: 0.43mg (25.54%), Vitamin K: 25.61µg (24.39%), Vitamin B1: 0.32mg (21.53%), Folate: 75.8µg (18.95%), Manganese: 0.33mg (16.69%), Iron: 2.94mg (16.32%), Phosphorus: 162.23mg (16.22%), Vitamin A: 638.01IU (12.76%), Vitamin B3: 2.47mg (12.35%), Calcium: 121.87mg (12.19%), Vitamin C: 8.78mg (10.65%), Fiber: 2.57g (10.26%), Potassium: 345.5mg (9.87%), Copper: 0.2mg (9.83%), Vitamin B6: 0.19mg (9.27%), Zinc: 1.3mg (8.64%), Vitamin B12: 0.43µg (7.19%), Magnesium: 27.83mg (6.96%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 0.85mg (5.65%), Vitamin D: 0.34µg (2.23%)