



Asparagus & Parmesan Tart

READY IN



54 min.

SERVINGS



54

CALORIES



37 kcal

Ingredients

- 0.8 lb asparagus fresh trimmed cut into 1-inch lengths
- 0.5 cup knudsen cream sour
- 4 oz philadelphia cream cheese softened ()
- 2 eggs
- 0.5 tsp lemon zest
- 1 Tbsp oil
- 2 onions separated thinly sliced
- 0.5 cup parmesan cheese shredded divided kraft
- 1 ready-to-use pie crust refrigerated

Equipment

- frying pan
- oven
- whisk
- tart form

Directions

- Heat oven to 400F.
- Line 9-1/2-inch tart pan with removable bottom with crust; trim edge. Prick bottom of crust with fork.
- Bake 10 to 12 min. or until lightly browned. Cool. Meanwhile, heat oil in nonstick skillet on medium heat.
- Add onions; cook 10 min. or until caramelized, stirring occasionally.
- Spread onions onto bottom of crust; top with asparagus.
- Whisk cream cheese, sour cream, eggs and lemon zest until blended. Stir in 1/4 cup Parmesan; pour over asparagus.
- Sprinkle with remaining Parmesan.
- Bake 20 to 24 min. or until filling is slightly puffed and set in center.
- Remove tart from side of pan before serving.

Nutrition Facts

 PROTEIN 11.64%  FAT 62.69%  CARBS 25.67%

Properties

Glycemic Index:2.09, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.2595652082692%

Flavonoids

Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 37.1kcal (1.86%), Fat: 2.62g (4.03%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.13g (0.78%), Sugar: 0.46g (0.51%), Cholesterol: 10.07mg (3.36%), Sodium: 37.57mg (1.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.1g (2.19%), Vitamin K: 3.15µg (3%), Vitamin A: 105.25IU (2.11%), Phosphorus: 20.24mg (2.02%), Vitamin B2: 0.03mg (2.02%), Calcium: 19.14mg (1.91%), Selenium: 1.31µg (1.88%), Folate: 7.4µg (1.85%), Manganese: 0.03mg (1.51%), Iron: 0.27mg (1.47%), Vitamin B1: 0.02mg (1.43%), Vitamin E: 0.18mg (1.18%), Fiber: 0.28g (1.13%)