



## Asparagus-Ricotta Tart with Comte Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

### Ingredients

- ☐ 1 pound slender asparagus spears trimmed
- ☐ 3 ounces comté cheese divided grated
- ☐ 1 eggs beaten to blend
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup whole-milk ricotta cheese
- ☐ 1.5 ounces soppressata thinly sliced cut into 1/2-inch pieces

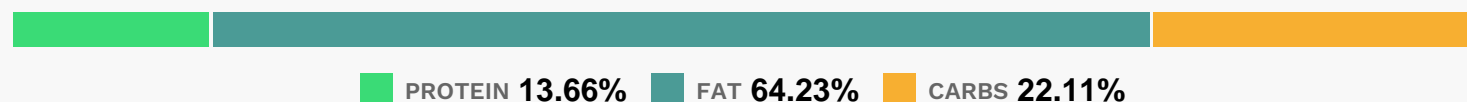
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 400°F.
- ☐ Roll out pastry on floured surface to 13x10-inch rectangle.
- ☐ Cut off 1/2-inch-wide strip from all 4 sides.
- ☐ Brush strips on 1 side with some of beaten egg, then press strips, egg side down, onto edges of pastry to adhere, forming raised border.
- ☐ Brush border with egg; reserve remaining beaten egg.
- ☐ Transfer to baking sheet. Chill while preparing filling.
- ☐ Steam asparagus just until crisp tender, about 3 minutes.
- ☐ Transfer to bowl of ice water to cool.
- ☐ Drain.
- ☐ Cut off top 2 to 3 inches of asparagus tops; set aside. Coarsely puree remaining asparagus stalks in processor.
- ☐ Add remaining beaten egg, ricotta, 3 teaspoons oil, and salt; process until thick puree forms.
- ☐ Transfer to bowl; stir in salami and 1/3 cup Comté cheese; season with pepper.
- ☐ Spread mixture evenly over pastry.
- ☐ Sprinkle with remaining 1/3 cup Comté cheese. Toss asparagus tips with remaining 1 teaspoon oil; arrange tips over filling.
- ☐ Bake tart until filling is set, about 25 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Comté cheese is a semifirm, Gruyère-style cow's-milk cheese. It is available at some supermarkets, cheese shops, and specialty foods stores.

## Nutrition Facts



## Properties

Glycemic Index:23.83, Glycemic Load:10.6, Inflammation Score:-7, Nutrition Score:14.08956520972%

## Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

## Nutrients (% of daily need)

Calories: 397.52kcal (19.88%), Fat: 28.66g (44.1%), Saturated Fat: 9.8g (61.26%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 19.99g (7.27%), Sugar: 1.86g (2.06%), Cholesterol: 59.01mg (19.67%), Sodium: 440.84mg (19.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.72g (27.44%), Vitamin K: 40.26µg (38.34%), Selenium: 20.72µg (29.61%), Vitamin B1: 0.35mg (23.38%), Calcium: 213.26mg (21.33%), Phosphorus: 212.97mg (21.3%), Vitamin B2: 0.36mg (21.1%), Folate: 78.65µg (19.66%), Vitamin A: 837.88IU (16.76%), Iron: 3mg (16.68%), Manganese: 0.33mg (16.48%), Vitamin B3: 2.88mg (14.4%), Zinc: 1.81mg (12.06%), Copper: 0.22mg (10.75%), Vitamin E: 1.6mg (10.65%), Vitamin B12: 0.56µg (9.35%), Fiber: 2.2g (8.8%), Vitamin B6: 0.15mg (7.46%), Potassium: 247.75mg (7.08%), Magnesium: 26.93mg (6.73%), Vitamin B5: 0.52mg (5.18%), Vitamin C: 4.23mg (5.13%), Vitamin D: 0.27µg (1.82%)