

Asparagus Tart

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 10 inch greek baking-powder piecrust
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 tablespoons nonfat milk dry
- ☐ 1 ounce parmesan cheese fresh finely grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup skim milk
- ☐ 1 ounce swiss cheese shredded
- ☐ 1 teaspoon or dried fresh chopped

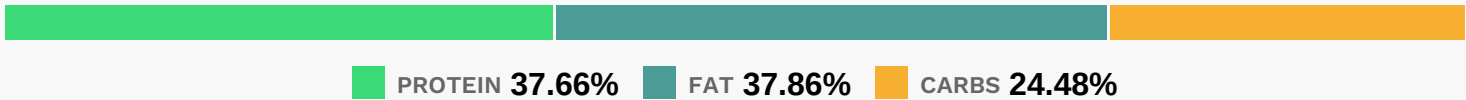
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ peeler

Directions

- ☐ Preheat oven to 37
- ☐ Press Greek Baking-Powder Piecrust into a 10-inch quiche dish coated with cooking spray.
- ☐ Combine eggs and egg whites in a medium bowl; beat well with a whisk.
- ☐ Brush 2 tablespoons egg mixture over crust; set remaining egg mixture aside.
- ☐ Bake at 375 for 7 minutes; cool on a wire rack.
- ☐ Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired.
- ☐ Cut asparagus into 5-inch pieces. Steam asparagus, covered, 5 minutes or until tender. Rinse under cold water.
- ☐ Drain well; set aside.
- ☐ Add skim milk and remaining ingredients to remaining egg mixture in bowl, and beat well.
- ☐ Pour egg mixture into prepared crust. Arrange steamed asparagus spokelike in egg mixture, alternating stems and tips.
- ☐ Bake tart at 375 for 35 minutes or until a knife inserted near center of tart comes out clean.

Nutrition Facts



Properties

Glycemic Index:48.04, Glycemic Load:1.1, Inflammation Score:-7, Nutrition Score:11.602608597797%

Flavonoids

Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg

Nutrients (% of daily need)

Calories: 102.57kcal (5.13%), Fat: 4.45g (6.85%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.76g (1.73%), Sugar: 4.48g (4.98%), Cholesterol: 71.03mg (23.68%), Sodium: 286.19mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.92%), Vitamin K: 38.19µg (36.37%), Calcium: 222.87mg (22.29%), Vitamin B2: 0.34mg (20.16%), Phosphorus: 199.58mg (19.96%), Vitamin A: 933.93IU (18.68%), Selenium: 12.86µg (18.38%), Folate: 52.42µg (13.11%), Iron: 2.25mg (12.5%), Vitamin B12: 0.64µg (10.6%), Vitamin B1: 0.15mg (9.82%), Potassium: 304.72mg (8.71%), Copper: 0.17mg (8.4%), Zinc: 1.22mg (8.16%), Manganese: 0.16mg (7.91%), Vitamin B5: 0.73mg (7.3%), Vitamin E: 1.08mg (7.23%), Fiber: 1.71g (6.85%), Vitamin B6: 0.14mg (6.78%), Vitamin C: 5.46mg (6.61%), Vitamin D: 0.97µg (6.46%), Magnesium: 25.16mg (6.29%), Vitamin B3: 0.86mg (4.29%)