



Cheesy Asparagus Pie

READY IN



45 min.

SERVINGS



8

CALORIES



477 kcal

Ingredients

- ☐ 1.5 pounds asparagus fresh
- ☐ 1 tablespoon butter
- ☐ 8 ounce colby-monterey jack cheese blend shredded
- ☐ 2 tablespoons dijon mustard
- ☐ 2 large eggs
- ☐ 1.5 cups half-and-half
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 1 large onion diced sweet

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Snap off tough ends of asparagus (trimmed to about 5 inches). Cook in boiling water to cover 30 seconds; drain. Plunge asparagus into ice water to stop the cooking process; drain. Reserve 9 spears; set aside. Coarsely chop remaining asparagus; set aside.
- ☐ Unfold piecrusts; stack on a lightly floured surface, and roll into a 14-inch circle. Fit piecrust into an 11-inch tart pan, trimming excess dough. Line piecrust with foil, and fill with pie weights or dried beans.
- ☐ Place tart pan on a baking sheet.
- ☐ Bake at 425 for 12 minutes; remove weights and foil.
- ☐ Bake 2 more minutes. Cool on a wire rack.
- ☐ Melt butter in a skillet over medium-high heat.
- ☐ Add onion, and saute 5 minutes or until tender. Set aside.
- ☐ Brush bottom and sides of crust with mustard.
- ☐ Sprinkle with half of cheese, chopped asparagus, onion, and remaining cheese. Arrange reserved asparagus spears over cheese.
- ☐ Whisk together half-and-half and remaining ingredients.
- ☐ Pour mixture evenly over asparagus.
- ☐ Bake at 375 for 25 minutes or until set and golden brown.
- ☐ Let stand 15 minutes.

Nutrition Facts



 **PROTEIN 12.78%**  **FAT 57.94%**  **CARBS 29.28%**

Properties

Glycemic Index:12, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:16.769565240197%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg

Nutrients (% of daily need)

Calories: 477.21kcal (23.86%), Fat: 31.04g (47.75%), Saturated Fat: 13.98g (87.38%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 31.63g (11.5%), Sugar: 5.8g (6.44%), Cholesterol: 89.31mg (29.77%), Sodium: 569.51mg (24.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Vitamin K: 40.94µg (38.99%), Phosphorus: 295.63mg (29.56%), Calcium: 291.74mg (29.17%), Vitamin B2: 0.47mg (27.84%), Folate: 103.58µg (25.9%), Vitamin A: 1219.44IU (24.39%), Selenium: 15.87µg (22.67%), Manganese: 0.43mg (21.6%), Iron: 3.83mg (21.29%), Vitamin B1: 0.31mg (21%), Fiber: 3.66g (14.66%), Zinc: 1.99mg (13.24%), Copper: 0.25mg (12.62%), Vitamin B3: 2.43mg (12.15%), Vitamin B6: 0.23mg (11.35%), Potassium: 392.95mg (11.23%), Vitamin E: 1.61mg (10.71%), Magnesium: 38.97mg (9.74%), Vitamin B5: 0.88mg (8.85%), Vitamin C: 7.18mg (8.7%), Vitamin B12: 0.43µg (7.24%), Vitamin D: 0.42µg (2.8%)