



Cooking From the Glossies: Asparagus and Mushroom Tart

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.5 cup crème fraîche
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.5 cup gruyere cheese packed grated () (two ounces)
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 0.3 cup butter unsalted
- ☐ 12 ounces mushrooms white halved sliced

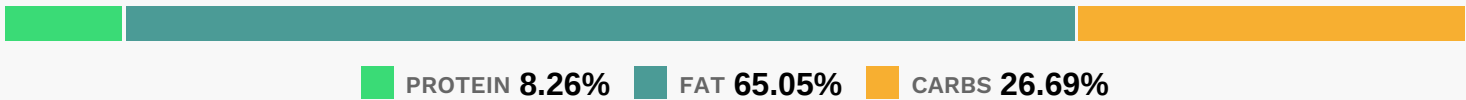
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Roll out each pastry sheet on work surface to 10-inch square.
- ☐ Cut each into 4 squares. Using small knife, score 1/2-inch border (do not cut through pastry) around inside edges of each square. Arrange squares on 2 rimmed baking sheets. (Can be made 1 day ahead. Cover and chill.)
- ☐ Melt butter in heavy large skillet over medium-high heat.
- ☐ Add mushrooms; sprinkle with 1/4 teaspoon coarse salt and 1/4 teaspoon pepper. Sauté until tender and lightly browned, about 4 minutes.
- ☐ Transfer mushrooms to large bowl; cool 5 minutes.
- ☐ Add asparagus, chopped thyme, lemon peel, 3/4 teaspoon coarse salt, and 1/4 teaspoon pepper to mushrooms.
- ☐ Mix in crème fraîche and cheese. (Filling can be made 1 day ahead. Cover; chill.)
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Mound filling atop pastry squares, leaving 1/2-inch plain border.
- ☐ Bake tarts 12 minutes. Reverse sheets. Continue to bake tarts until crusts are puffed and golden and filling is cooked through, about 10 minutes longer.
- ☐ Transfer to plates; garnish with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:15.63, Inflammation Score:-8, Nutrition Score:14.35260865481%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 472.58kcal (23.63%), Fat: 34.79g (53.52%), Saturated Fat: 12.61g (78.84%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 29.49g (10.72%), Sugar: 2.89g (3.21%), Cholesterol: 32.81mg (10.94%), Sodium: 510.8mg (22.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Vitamin K: 34.6µg (32.95%), Selenium: 21.9µg (31.29%), Vitamin B2: 0.48mg (28%), Vitamin B1: 0.37mg (24.53%), Vitamin B3: 4.68mg (23.39%), Manganese: 0.44mg (21.76%), Folate: 86.62µg (21.66%), Iron: 3.1mg (17.23%), Phosphorus: 165.97mg (16.6%), Copper: 0.32mg (16.13%), Vitamin A: 792.8IU (15.86%), Calcium: 122.81mg (12.28%), Fiber: 2.62g (10.48%), Potassium: 317.51mg (9.07%), Vitamin B5: 0.9mg (8.98%), Zinc: 1.24mg (8.25%), Vitamin E: 1.22mg (8.13%), Magnesium: 26.94mg (6.74%), Vitamin B6: 0.12mg (6.16%), Vitamin C: 4.8mg (5.82%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.24µg (1.61%)