



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)
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 0.3 cup butter unsalted

☐ 12 ounces mushrooms white halved sliced

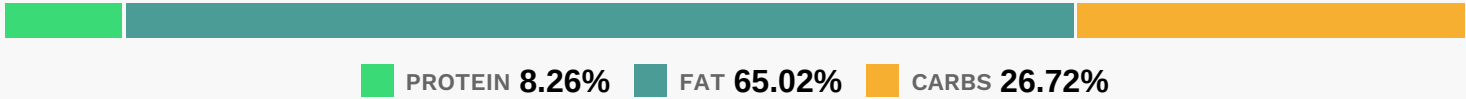
Equipment

- ☐ 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:14.394347890564%

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: 472.76kcal (23.64%), Fat: 34.79g (53.52%), Saturated Fat: 12.61g (78.84%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 29.51g (10.73%), Sugar: 2.9g (3.22%), Cholesterol: 32.81mg (10.94%), Sodium: 510.82mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.89%), Vitamin K: 34.6µg (32.95%), Selenium: 21.9µg (31.29%), Vitamin B2: 0.48mg (28.02%), Vitamin B1: 0.37mg (24.55%), Vitamin B3: 4.68mg (23.4%), Manganese: 0.44mg (21.76%), Folate: 86.67µg (21.67%), Iron: 3.1mg (17.24%), Phosphorus: 166.02mg (16.6%), Copper: 0.32mg (16.15%), Vitamin A: 792.98IU (15.86%), Calcium: 123.32mg (12.33%), Fiber: 2.66g (10.64%), Potassium: 318.11mg (9.09%), Vitamin B5: 0.9mg (8.99%), Zinc: 1.24mg (8.25%), Vitamin E: 1.22mg (8.14%), Magnesium: 27mg (6.75%), Vitamin C: 5.28mg (6.4%), Vitamin B6: 0.12mg (6.19%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.24µg (1.61%)