



## Country Ham-and-Asparagus Tartlets

READY IN



45 min.

SERVINGS



18

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 18 inch asparagus tips fresh
- 0.3 cup butter softened
- 0.5 cup country ham diced finely
- 3 ounce cream cheese softened
- 1 large eggs
- 0.8 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 3 ounces swiss cheese shredded
- 0.3 cup whipping cream

0.3 cup cornmeal yellow

## Equipment

oven

whisk

## Directions

Stir together cream cheese and butter until blended; stir in 3/4 cup flour and cornmeal. Cover and chill 1 hour.

Shape dough into 18 (1-inch) balls.

Place balls into miniature muffin pans, and press evenly into bottom and up sides. Set aside.

Stir together Swiss cheese and 1 tablespoon flour.

Whisk together egg and whipping cream; stir in Swiss cheese mixture and diced ham. Spoon evenly into pastry shells.

Bake at 425 for 7 minutes. Top each tart with an asparagus spear. Reduce oven temperature to 30

Cover and bake 17 minutes or until set.

## Nutrition Facts

 **PROTEIN 12.98%** **FAT 64.59%** **CARBS 22.43%**

## Properties

Glycemic Index:16.92, Glycemic Load:4.17, Inflammation Score:-3, Nutrition Score:3.0682608543531%

## Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 115.64kcal (5.78%), Fat: 8.32g (12.81%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 6.09g (2.21%), Sugar: 0.41g (0.46%), Cholesterol: 26.89mg (8.96%), Sodium: 104.86mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Selenium: 5.79µg (8.28%), Vitamin A: 314.44IU

(6.29%), Phosphorus: 61.64mg (6.16%), Vitamin B1: 0.08mg (5.45%), Calcium: 53.9mg (5.39%), Vitamin B2: 0.09mg (5.26%), Folate: 14.85µg (3.71%), Vitamin B12: 0.21µg (3.55%), Zinc: 0.49mg (3.26%), Vitamin B3: 0.6mg (2.99%), Manganese: 0.06mg (2.93%), Iron: 0.48mg (2.66%), Vitamin B6: 0.05mg (2.25%), Vitamin E: 0.29mg (1.94%), Magnesium: 7.42mg (1.85%), Vitamin B5: 0.17mg (1.66%), Fiber: 0.41g (1.65%), Potassium: 48.32mg (1.38%), Copper: 0.03mg (1.35%), Vitamin K: 1.39µg (1.33%), Vitamin D: 0.15µg (1.02%)