



Hollandaise-Asparagus Tart

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

DESSERT

Ingredients

- 1 pound asparagus spears trimmed
- 0.5 teaspoon tarragon dried
- 1 large eggs
- 1 large egg white
- 0.7 cup evaporated skim milk
- 1 cup flour all-purpose
- 3.5 tablespoons ice water
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon rind grated

- 2 ounces parmesan cheese fresh grated
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 3 tablespoons vegetable shortening

Equipment

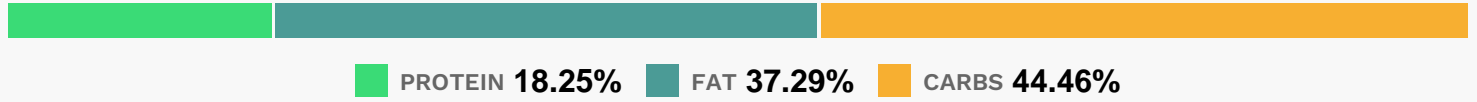
- food processor
- oven
- knife
- whisk
- wire rack
- measuring cup
- peeler

Directions

- Preheat oven to 450
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour and sugar in a food processor; pulse 3 times or until combined.
- Add shortening; pulse 6 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined. Gently press mixture into a 6-inch circle on a lightly floured surface; roll dough into a 12-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray; fold edges under, and flute. Pierce bottom and sides of dough with a fork; bake at 450 for 10 minutes or until lightly browned. Cool on a wire rack.
- Reduce oven temperature to 375
- Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired. Steam asparagus, covered, 3 minutes or until crisp-tender. Rinse asparagus under cold water; drain well. Arrange asparagus spokelike in prepared crust with tips toward inside of crust.
- Combine milk, rind, juice, tarragon, salt, egg, and egg white; stir well with a whisk.
- Pour over asparagus; sprinkle with cheese.
- Bake at 375 for 30 minutes or until puffy and lightly browned.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:45.68, Glycemic Load:14.86, Inflammation Score:-7, Nutrition Score:13.151304390119%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 238.61kcal (11.93%), Fat: 10.03g (15.43%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 24.72g (8.99%), Sugar: 8.99g (9.99%), Cholesterol: 38.56mg (12.85%), Sodium: 304.78mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.1%), Vitamin K: 35.1µg (33.43%), Vitamin B2: 0.39mg (23.23%), Calcium: 223.54mg (22.35%), Selenium: 15.33µg (21.91%), Folate: 86.27µg (21.57%), Phosphorus: 201.13mg (20.11%), Vitamin B1: 0.29mg (19.65%), Iron: 2.96mg (16.45%), Vitamin A: 809.78IU (16.2%), Manganese: 0.28mg (14.12%), Vitamin B3: 2.08mg (10.38%), Copper: 0.19mg (9.58%), Vitamin E: 1.38mg (9.17%), Potassium: 309.15mg (8.83%), Fiber: 2.2g (8.78%), Vitamin C: 6.81mg (8.25%), Zinc: 1.19mg (7.93%), Magnesium: 29.6mg (7.4%), Vitamin B5: 0.74mg (7.4%), Vitamin B6: 0.12mg (6.17%), Vitamin D: 0.78µg (5.22%), Vitamin B12: 0.26µg (4.35%)