



Leek and Chicken Tart

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

Ingredients

- 0.5 pound asparagus spears fresh
- 1 cup chicken breast shredded cooked (skinned before cooking and without salt)
- 0.3 teaspoon thyme leaves dried
- 0.8 cup egg substitute frozen thawed
- 1 cup flour all-purpose
- 1 clove garlic minced
- 1.5 cups leeks chopped
- 0.8 cup milk 1% low-fat
- 0.5 cup onion chopped
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil
- 2 tablespoons water cold

Equipment

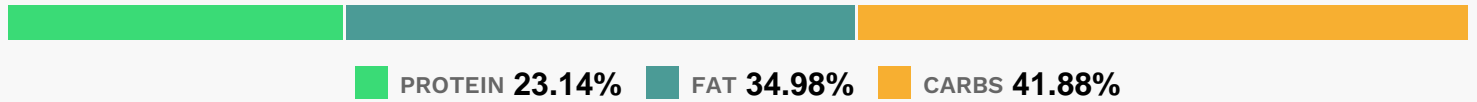
- frying pan
- oven
- knife
- wire rack
- plastic wrap
- peeler

Directions

- Combine flour and 1/4 teaspoon salt; stir well.
- Combine oil and water; add to flour mixture, stirring just until dry ingredients are moistened. Shape dough into a ball; cover with plastic wrap. Chill 30 minutes.
- Place dough between 2 sheets of heavy-duty plastic wrap.
- Roll to 1/8-inch thickness; remove top sheet of plastic wrap. Invert and fit pastry into a 9-inch quiche dish or pieplate; seal to edge of dish.
- Remove remaining sheet of plastic wrap. Prick bottom and sides of pastry with a fork.
- Bake at 400 for 10 minutes or until lightly browned. Cool on a wire rack.
- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired.
- Cut asparagus into 1-inch pieces.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add leeks, onion, and garlic; saute 3 minutes.
- Add asparagus; saute until asparagus is crisp-tender.
- Add chicken; cook until thoroughly heated, stirring often. Spoon mixture into prepared crust.

- Combine milk and remaining 4 ingredients.
- Pour over vegetable mixture.
- Bake at 350 for 25 to 30 minutes or until set.
- Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:19.4, Inflammation Score:-8, Nutrition Score:21.359565237294%

Flavonoids

Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 344.3kcal (17.21%), Fat: 13.45g (20.69%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 33.17g (12.06%), Sugar: 6.4g (7.12%), Cholesterol: 28.46mg (9.49%), Sodium: 578.88mg (25.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.02%), Selenium: 40.57µg (57.96%), Vitamin K: 59.63µg (56.79%), Vitamin B2: 0.54mg (31.65%), Vitamin B1: 0.46mg (30.57%), Folate: 121.88µg (30.47%), Vitamin B3: 5.44mg (27.19%), Iron: 4.83mg (26.83%), Manganese: 0.53mg (26.68%), Vitamin A: 1190.86IU (23.82%), Phosphorus: 227.36mg (22.74%), Vitamin B6: 0.41mg (20.35%), Vitamin E: 2.54mg (16.91%), Vitamin B5: 1.62mg (16.17%), Potassium: 488.87mg (13.97%), Calcium: 138.98mg (13.9%), Fiber: 3.05g (12.18%), Zinc: 1.78mg (11.85%), Copper: 0.24mg (11.81%), Magnesium: 46.19mg (11.55%), Vitamin C: 9.15mg (11.09%), Vitamin B12: 0.52µg (8.74%), Vitamin D: 1.21µg (8.05%)