



Mascarpone, Ham, and Asparagus Tart

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

Ingredients

- ☐ 5 cups arugula
- ☐ 1 pound asparagus trimmed
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 8 ounces ham thinly sliced cut into thin strips
- ☐ 4 teaspoons horseradish prepared
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups mascarpone cheese
- ☐ 4 teaspoons mustard coarse-grained
- ☐ 6 servings bell pepper

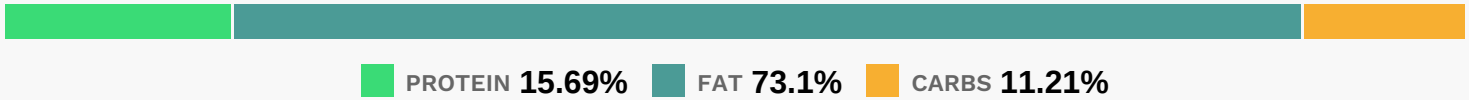
- ☐ 1 12-inch purchased pie crust
- ☐ 6 servings salt

Equipment

Directions

- ☐ To assemble tart, spread filling evenly into cooled crust. Top with asparagus-ham-arugula mixture and serve.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:23.076521946036%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 5.03mg, Isorhamnetin: 5.03mg, Isorhamnetin: 5.03mg, Isorhamnetin: 5.03mg Kaempferol: 6.88mg, Kaempferol: 6.88mg, Kaempferol: 6.88mg, Kaempferol: 6.88mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 395.62kcal (19.78%), Fat: 32.43g (49.89%), Saturated Fat: 18.17g (113.56%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 7.3g (2.65%), Sugar: 5.28g (5.87%), Cholesterol: 79.69mg (26.56%), Sodium: 735.24mg (31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin C: 105.5mg (127.88%), Vitamin A: 4187.87IU (83.76%), Vitamin K: 53.37µg (50.83%), Vitamin B1: 0.4mg (26.44%), Vitamin B6: 0.5mg (25.21%), Folate: 100.07µg (25.02%), Manganese: 0.47mg (23.36%), Iron: 3.34mg (18.56%), Vitamin B2: 0.3mg (17.82%), Vitamin B3: 3.45mg (17.27%), Selenium: 11.79µg (16.84%), Calcium: 162.71mg (16.27%), Potassium: 566.49mg (16.19%), Phosphorus: 160.54mg (16.05%), Fiber: 3.89g (15.57%), Vitamin E: 2.26mg (15.04%), Magnesium: 45.37mg (11.34%), Zinc: 1.69mg (11.29%), Copper: 0.22mg (11.04%), Vitamin B5: 0.71mg (7.07%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.26µg (1.76%)