



Savory Spring Vegetable and Goat Cheese Tart

READY IN



120 min.

SERVINGS



8

CALORIES



351 kcal

Ingredients

- 2 bunches asparagus thick trimmed peeled ()
- 0.3 cup crème fraîche
- 3 large eggs
- 1 tablespoon flat parsley minced
- 8 servings flour all-purpose (for surface)
- 1 tablespoon chives fresh minced
- 2 teaspoons tarragon fresh minced
- 8 ounces goat cheese fresh soft
- 0.3 cup cup heavy whipping cream

- 8 servings pepper black freshly ground
- 3 tablespoons olive oil divided
- 1 pie crust dough store-bought
- 5 spring onion
- 1 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- aluminum foil
- tart form

Directions

- Roll out pie crust on a lightly floured surface to a 12" round.
- Transfer to tart pan and press onto bottom and up sides.
- Bake crust according to package instructions.
- Let cool in pan on a wire rack.
- Preheat oven to 425°F. Line a baking sheet with foil.
- Cut off top 1 1/2" of asparagus tips; reserve. Slice stalks into 1/4" rounds.
- Cut white bulbs from spring onions; trim and quarter (halve if using scallions). Slice pale-green parts into 1/4" pieces. Toss asparagus tips and spring onion bulbs in a small bowl with 2 tablespoons oil; season with salt and pepper.
- Place in a single layer on prepared sheet; roast, turning once, until onions begin to brown and asparagus is bright green and tender, 12-15 minutes.
- Transfer to a small bowl. Reduce oven temperature to 375°F.
- Meanwhile, heat remaining 1 tablespoon oil and butter in a medium skillet over medium heat.

- Add sliced asparagus and pale-green parts of spring onions; season with salt and pepper. Cook, stirring often, until onions are soft and asparagus is bright green and tender, 6–8 minutes.
- Let cool slightly in pan.
- Spread evenly over bottom of tart crust.
- Whisk cheese and next 5 ingredients in a medium bowl. Season with salt and pepper.
- Whisk in eggs.
- Pour over vegetables. Scatter asparagus tips and spring onion bulbs over.
- Bake tart until edges of crust are golden brown and filling is set, 20–22 minutes.
- Let cool in pan for 20 minutes or up to 4 hours.
- Remove sides of pan.
- Serve tart warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:5.07, Inflammation Score:-8, Nutrition Score:17.916956652766%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.44mg, Isorhamnetin: 6.44mg, Isorhamnetin: 6.44mg, Isorhamnetin: 6.44mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg

Nutrients (% of daily need)

Calories: 351.46kcal (17.57%), Fat: 24.32g (37.41%), Saturated Fat: 10.58g (66.15%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 18.63g (6.78%), Sugar: 3.11g (3.45%), Cholesterol: 99.2mg (33.07%), Sodium: 226.62mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.72%), Vitamin K: 77.26µg (73.58%), Vitamin A: 1597.42IU (31.95%), Vitamin B2: 0.47mg (27.39%), Folate: 107.44µg (26.86%), Iron: 4.54mg (25.2%), Copper: 0.47mg (23.75%), Manganese: 0.42mg (21.21%), Vitamin B1: 0.31mg (20.98%), Phosphorus: 206.8mg (20.68%), Selenium: 13.47µg (19.25%), Vitamin E: 2.56mg (17.07%), Fiber: 3.38g (13.52%), Vitamin B6: 0.24mg (12.13%), Vitamin B3: 2.36mg (11.8%), Vitamin C: 8.95mg (10.85%), Calcium: 107.57mg (10.76%), Potassium: 346.66mg (9.9%), Vitamin B5: 0.96mg (9.63%), Zinc: 1.36mg (9.06%), Magnesium: 32.46mg (8.12%), Vitamin D: 0.63µg (4.22%), Vitamin B12:

0.25 μ g (4.18%)