



## Spring Asparagus Tart

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



344 kcal

### Ingredients

- 1 pound pencil asparagus trimmed
- 8 servings pepper black freshly ground
- 1 large eggs beaten
- 1 tablespoon flour for dusting all-purpose plus more
- 1 tablespoon chives fresh chopped
- 1 tablespoon tarragon fresh chopped
- 8 servings lightly dressed greens for serving
- 1.5 teaspoons kosher salt
- 1 tablespoon lemon zest finely grated

- 1 cup mascarpone cheese
- 1 tablespoon olive oil
- 1 sheet puff pastry frozen thawed (a)

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife

## Directions

- Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Lightly flour the work surface and roll out the puff pastry to a 9- by 12-inch even rectangle.
- Transfer to the prepared baking sheet.
- Combine the mascarpone, 1 1/4 teaspoons of the salt, the flour, egg and lemon zest, and then fold in the chives and tarragon.
- Spread over the puff pastry, leaving a 3/4-inch border. Make small cuts around the border about 1 inch apart with the tip of a paring knife.
- Toss the asparagus with the olive oil in a bowl.
- Lay half of the asparagus in a neat row across the surface of the tart so the tips meet the edge. Do the same in the opposite direction with the remaining asparagus. Season with the remaining 1/4 teaspoon salt and some pepper.
- Bake until the border of the tart is deep golden and puffed and the top is lightly spotted golden brown, about 25 minutes.
- Let cool for 5 to 10 minutes and serve.
- Serve with lightly dressed greens.

## Nutrition Facts

  

 PROTEIN **8.15%**  FAT **69.64%**  CARBS **22.21%**

## Properties

Glycemic Index:38.75, Glycemic Load:8.6, Inflammation Score:-8, Nutrition Score:10.880434668582%

## Flavonoids

Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

## Nutrients (% of daily need)

Calories: 344.16kcal (17.21%), Fat: 26.85g (41.3%), Saturated Fat: 11.31g (70.7%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 17.41g (6.33%), Sugar: 1.36g (1.51%), Cholesterol: 51.38mg (17.13%), Sodium: 548.83mg (23.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin K: 30.55µg (29.1%), Vitamin A: 1364.85IU (27.3%), Manganese: 0.39mg (19.55%), Folate: 75.73µg (18.93%), Vitamin C: 14.08mg (17.06%), Selenium: 11.16µg (15.95%), Vitamin B1: 0.23mg (15.19%), Iron: 2.72mg (15.11%), Vitamin B2: 0.23mg (13.69%), Vitamin B3: 2.2mg (10.98%), Copper: 0.18mg (8.84%), Phosphorus: 80.05mg (8.01%), Calcium: 76.93mg (7.69%), Vitamin E: 1.13mg (7.52%), Fiber: 1.85g (7.42%), Potassium: 241.81mg (6.91%), Vitamin B6: 0.12mg (6.21%), Magnesium: 21.68mg (5.42%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.31mg (3.08%)