

Asparagus Tart

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-egg-tart-recipe-phylo>

Ingredients:

- 1 bunch asparagus ends snapped off
- 1 bunch fresh spinach about 20 largish leaves, stems trimmed, optional
- 4 tablespoons butter melted
- 1 pound phyllo thawed according to package directions
- 1 3/4 cups grated Gruyere
- 3 large eggs lightly beaten
- 1 cup heavy cream
- 1/2 teaspoon grated nutmeg freshly
- ground black pepper
- sea salt

Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 340 milligrams
4. Fat: 64 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 35 grams
8. Sodium: 1130 milligrams
9. Sugar: 2 grams

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