



Asparagus and Double Smoked Bacon Popover

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed cut into 1 inch pieces
- ☐ 4 slices bacon cut into 1 inch pieces
- ☐ 1 tablespoon butter
- ☐ 3 large eggs room temperature
- ☐ 0.5 cup flour
- ☐ 1 cup gruyere cheese shredded
- ☐ 1 leek thinly sliced

- ☐ 0.5 cup milk
- ☐ 4 servings salt and pepper to taste

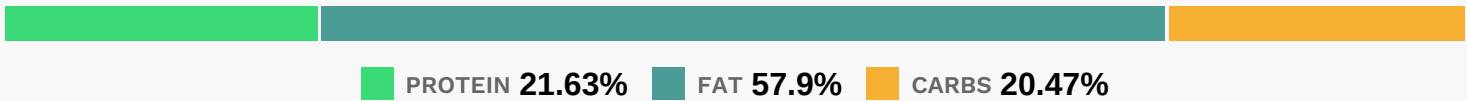
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Bring a pan with 1 inch of water to a boil, add the asparagus and cook until it turns bright green.Rinse the asparagus under cold water and pat dry.Cook the bacon in a cast iron skillet over medium heat, and set aside on paper towels to drain reserving the grease in the pan.
- ☐ Add the leeks to the pan, saute until tender, about 2-4 minutes, set aside and turn off the heat.
- ☐ Add the butter to the skillet and let it melt.
- ☐ Mix the milk, eggs, flour, salt and pepper and pour it into the pan.
- ☐ Sprinkle the asparagus, bacon, leeks and the cheese over the batter in the pan.
- ☐ Transfer the pan to a preheated 425F oven and bake until puffed and golden brown, about 15-20 minutes.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:10.7, Inflammation Score:-9, Nutrition Score:23.089565152707%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 418.18kcal (20.91%), Fat: 27.13g (41.73%), Saturated Fat: 12.78g (79.88%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 18.38g (6.68%), Sugar: 4.77g (5.3%), Cholesterol: 201.51mg (67.17%), Sodium: 669.43mg (29.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.62%), Vitamin K: 59.02µg (56.21%), Calcium: 436.56mg (43.66%), Phosphorus: 420.85mg (42.09%), Selenium: 29.46µg (42.09%), Vitamin A: 1888.55IU (37.77%), Vitamin B2: 0.57mg (33.43%), Folate: 122.83µg (30.71%), Vitamin B1: 0.41mg (27.4%), Iron: 4.42mg (24.58%), Manganese: 0.41mg (20.65%), Zinc: 2.91mg (19.38%), Vitamin B12: 1.14µg (19.04%), Vitamin B6: 0.33mg (16.48%), Copper: 0.31mg (15.54%), Vitamin B3: 3.1mg (15.51%), Vitamin E: 2.17mg (14.48%), Vitamin B5: 1.41mg (14.1%), Potassium: 454.5mg (12.99%), Fiber: 3.2g (12.81%), Magnesium: 48.3mg (12.07%), Vitamin C: 9.02mg (10.93%), Vitamin D: 1.37µg (9.14%)