



Asparagus and Parmesan Puddings

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

Ingredients

- 0.3 cup flour
- 2 pounds asparagus trimmed
- 0.5 cup bread fresh italian crustless
- 4 large eggs
- 1 medium onion finely chopped
- 3 ounces parmesan cheese freshly grated
- 0.5 cup ricotta cheese
- 2 tablespoons butter unsalted

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan

Directions

- Butter eight 3/4-cup custard cups or soufflé dishes. Coat with breadcrumbs.
- Cut off asparagus tips. Cook tips in large saucepan of boiling salted water until crisp-tender, about 3 minutes.
- Drain; reserve tips and 1 cup cooking liquid. Coarsely chop asparagus stalks.
- Melt butter in large nonstick skillet over medium heat.
- Add onion; sauté until tender, about 6 minutes.
- Add stalks; sauté until crisp-tender, about 5 minutes.
- Add reserved asparagus cooking liquid. Cover; simmer until stalks are tender, about 12 minutes.
- Uncover; cook until liquid is absorbed, stirring often, about 5 minutes.
- Transfer to food processor; puree.
- Add Parmesan, ricotta and flour. Using on/off turns, process just until blended. Season with salt and pepper.
- Whisk eggs in bowl to blend.
- Add asparagus puree; whisk to blend. Stir in all but 16 asparagus tips. Divide custard among cups.
- Place cups in roasting pan. (Can be made 6 hours ahead. Cover; chill puddings and remaining asparagus tips.)
- Preheat oven to 350°F.
- Pour hot water into pan to come 1 inch up sides of cups.
- Bake puddings until set, about 35 minutes.

Let stand 10 minutes. Invert onto plates.

Garnish with asparagus tips.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:6.99, Inflammation Score:-8, Nutrition Score:16.11130436607%

Flavonoids

Isorhamnetin: 7.15mg, Isorhamnetin: 7.15mg, Isorhamnetin: 7.15mg, Isorhamnetin: 7.15mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Quercetin: 18.64mg, Quercetin: 18.64mg, Quercetin: 18.64mg, Quercetin: 18.64mg

Nutrients (% of daily need)

Calories: 215.49kcal (10.77%), Fat: 11.06g (17.02%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 14.35g (5.22%), Sugar: 3.72g (4.13%), Cholesterol: 117.68mg (39.23%), Sodium: 307.79mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.41%), Vitamin K: 48.64µg (46.32%), Selenium: 21.94µg (31.34%), Vitamin A: 1241.26IU (24.83%), Folate: 95.65µg (23.91%), Vitamin B2: 0.4mg (23.68%), Phosphorus: 228.48mg (22.85%), Manganese: 0.42mg (20.85%), Iron: 3.71mg (20.63%), Calcium: 190.35mg (19.04%), Vitamin B1: 0.28mg (18.33%), Copper: 0.27mg (13.66%), Fiber: 3.31g (13.25%), Zinc: 1.78mg (11.88%), Vitamin E: 1.73mg (11.53%), Vitamin B3: 2.23mg (11.13%), Potassium: 345.34mg (9.87%), Vitamin B6: 0.2mg (9.79%), Vitamin B5: 0.92mg (9.21%), Vitamin C: 7.4mg (8.97%), Magnesium: 32.67mg (8.17%), Vitamin B12: 0.42µg (7.08%), Vitamin D: 0.64µg (4.24%)