



Asparagus-and-Spinach Toast with Fontina Cheese

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



370 kcal

Ingredients

- 1 pound asparagus spears
- 0.3 teaspoon pepper black
- 1 tablespoon basil fresh thinly sliced
- 1 cup green onions diagonally sliced ()
- 0.1 teaspoon salt
- 1 ounce mozzarella cheese shredded
- 4 cups pkt spinach chopped
- 2 teaspoons stick margarine

- 0.7 cup water
- 6 ounce wheat bread toasted

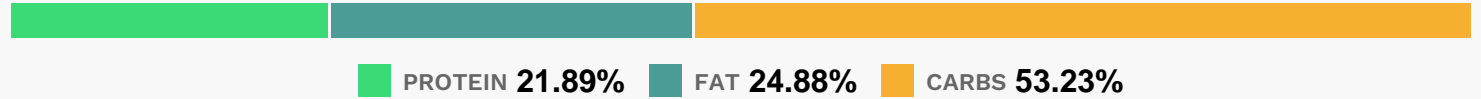
Equipment

- frying pan

Directions

- Snap off tough ends of asparagus. Melt butter in a large nonstick skillet over medium-high heat.
- Add onions; saut 1 minute.
- Add asparagus, water, and salt; bring to a boil. Reduce heat, and simmer 5 minutes.
- Add spinach; simmer 3 minutes. Stir in basil and pepper.
- Sprinkle 1 tablespoon cheese over each toast slice; cut each slice diagonally in half.
- Place 4 toast halves on each of 2 plates. Spoon 1 cup asparagus mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:147.35, Glycemic Load:24.44, Inflammation Score:-10, Nutrition Score:42.660434406737%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 39.43mg, Quercetin: 39.43mg, Quercetin: 39.43mg, Quercetin: 39.43mg

Nutrients (% of daily need)

Calories: 370kcal (18.5%), Fat: 10.77g (16.57%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 51.84g (17.28%), Net Carbohydrates: 39.28g (14.28%), Sugar: 9.58g (10.65%), Cholesterol: 11.2mg (3.73%), Sodium: 727.39mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.65%), Vitamin K: 499.17µg (475.4%), Vitamin A: 8168.08IU (163.36%), Manganese: 2.84mg (142.02%), Folate: 303.82µg (75.95%), Iron: 9.52mg (52.87%), Fiber: 12.56g (50.26%), Vitamin B1: 0.74mg (49.1%), Vitamin C: 39.15mg (47.46%), Selenium: 30.48µg (43.55%), Magnesium: 159.48mg (39.87%), Phosphorus: 398.4mg (39.84%), Vitamin B2: 0.66mg (38.68%), Copper: 0.76mg

(38.09%), Calcium: 366.85mg (36.69%), Vitamin B3: 6.71mg (33.55%), Potassium: 1162.7mg (33.22%), Vitamin E: 4.71mg (31.37%), Vitamin B6: 0.55mg (27.28%), Zinc: 3.67mg (24.45%), Vitamin B5: 1.31mg (13.11%), Vitamin B12: 0.33µg (5.47%)