

Asparagus Appetizers

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



40

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 asparagus fresh
- 4 ounces cheese blue at room temperature
- 0.8 pound butter
- 8 ounce cream cheese at room temperature
- 1 eggs beaten

Equipment

- bowl
- frying pan

- baking sheet
- sauce pan
- oven
- toothpicks
- ziploc bags
- rolling pin

Directions

- Trim crusts from bread, and flatten slightly with a rolling pin.
- In a bowl, stir blue and cream cheeses together with the egg until well blended and creamy.
- Spread a thin layer of cheese mixture over each slice of bread.
- Roll one asparagus spear inside each, and fasten with a toothpick.
- Melt butter in a small saucepan.
- Roll each asparagus wrap in butter to coat.
- Place on a baking sheet small enough to fit into the freezer, and freeze for one hour, or until butter hardens and wraps are somewhat firm.
- Remove pan from freezer, discard toothpicks, and cut each wrap in half crosswise. Store in a resealable plastic bag in the freezer until ready to use.
- To serve, preheat oven to 400 degrees F (205 degrees C).
- Arrange frozen asparagus wraps on an ungreased baking sheet.
- Bake in the preheated oven for 25 minutes, or until lightly browned. Check occasionally, and turn if necessary, for even browning and to prevent burning. Enjoy!

Nutrition Facts

 **PROTEIN 5.58%**  **FAT 91.49%**  **CARBS 2.93%**

Properties

Glycemic Index:3.4, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:1.6082608771065%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 94kcal (4.7%), Fat: 9.78g (15.04%), Saturated Fat: 6.08g (38.03%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.39g (0.43%), Cholesterol: 30.23mg (10.08%), Sodium: 106.81mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin A: 376.73IU (7.53%), Vitamin K: 4.11µg (3.92%), Phosphorus: 25.42mg (2.54%), Vitamin B2: 0.04mg (2.53%), Calcium: 25.05mg (2.5%), Vitamin E: 0.36mg (2.37%), Selenium: 1.51µg (2.15%), Folate: 6.46µg (1.62%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.07µg (1.19%), Iron: 0.21mg (1.15%), Zinc: 0.17mg (1.13%)