



Asparagus-Blue Cheese Canapés

 Vegetarian

READY IN



50 min.

SERVINGS



30

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz asparagus fresh chopped
- 2 tablespoons butter
- 3 ounces cream cheese softened
- 3 ounces gorgonzola softened
- 2 tablespoons half and half
- 30 servings lemon zest
- 1 large shallots finely chopped
- 30 servings buttered toast

0.3 cup walnuts toasted finely chopped

Equipment

bowl

frying pan

Directions

Stir together first 4 ingredients in a small bowl.

Melt butter in a medium skillet over medium-high heat; add shallot, and saut 2 minutes.

Add asparagus, and saut 2 minutes or just until crisp-tender.

Add salt and pepper to taste.

Spread each toast square with cheese mixture, and top with asparagus mixture.

Nutrition Facts



PROTEIN 12.06% **FAT 74.42%** **CARBS 13.52%**

Properties

Glycemic Index:6.2, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.5456521809101%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 41.57kcal (2.08%), Fat: 3.56g (5.48%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.46g (0.51%), Cholesterol: 7.36mg (2.45%), Sodium: 54.32mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 3.43µg (3.26%), Manganese: 0.06mg (3.18%), Vitamin A: 144.11IU (2.88%), Phosphorus: 25.16mg (2.52%), Calcium: 23.87mg (2.39%), Vitamin B2: 0.04mg (2.11%), Folate: 7.89µg (1.97%), Copper: 0.04mg (1.95%), Selenium: 1.26µg (1.79%), Vitamin B1: 0.02mg (1.46%), Iron: 0.26mg (1.43%), Fiber: 0.32g (1.27%), Zinc: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.23%), Magnesium: 4.6mg (1.15%), Potassium: 37.96mg (1.08%), Vitamin B5: 0.1mg (1.03%), Vitamin E: 0.15mg (1.02%)