


HEALTH SCORE **1%**

Asparagus Brunch Pockets

READY IN

**35 min.**

SERVINGS

**8**

CALORIES

**188 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus fresh trimmed cut into 1-inch pieces
- 2 teaspoons butter melted
- 4 ounces cream cheese softened
- 1 tablespoon mayonnaise
- 1 tablespoon milk 2%
- 1 tablespoon onion finely chopped
- 1 pinch pepper
- 1 tablespoon pimientos diced
- 8 ounces regular crescent rolls refrigerated

- 0.1 teaspoon salt
- 1 tablespoon seasoned bread crumbs

Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In a large saucepan, bring 1/2 in. of water to a boil.
- Add asparagus; cover and boil for 3 minutes.
- Drain and set aside.
- In a small bowl, beat the cream cheese, milk and mayonnaise until smooth. Stir in the pimientos, onion, salt and pepper.
- Unroll crescent dough and separate into triangles; place on an ungreased baking sheet.
- Spoon 1 teaspoon of cream cheese mixture into the center of each triangle; top with asparagus. Top each with another teaspoonful of cream cheese mixture. Bring three corners of dough together and twist; pinch edges to seal.
- Brush with butter; sprinkle with bread crumbs.
- Bake at 375° for 15–18 minutes or until golden brown.

Nutrition Facts



PROTEIN 6.94% FAT 61.55% CARBS 31.51%

Properties

Glycemic Index:32.88, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:5.7669564778714%

Flavonoids

Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 187.82kcal (9.39%), Fat: 13.48g (20.73%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.2g (5.16%), Sugar: 4.73g (5.25%), Cholesterol: 17.9mg (5.97%), Sodium: 341.62mg (14.85%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.42g (6.84%), Vitamin K: 27.62µg (26.3%), Vitamin A: 705.59IU (14.11%), Iron: 1.69mg (9.42%), Folate: 32.84µg (8.21%), Vitamin B2: 0.12mg (7.28%), Vitamin B1: 0.1mg (6.55%), Vitamin C: 5.26mg (6.37%), Vitamin E: 0.87mg (5.79%), Copper: 0.12mg (5.75%), Manganese: 0.11mg (5.44%), Fiber: 1.32g (5.28%), Phosphorus: 50.03mg (5%), Selenium: 2.94µg (4.2%), Potassium: 145.02mg (4.14%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.66mg (3.31%), Calcium: 32.82mg (3.28%), Zinc: 0.41mg (2.76%), Magnesium: 10.32mg (2.58%), Vitamin B5: 0.26mg (2.57%)