



Asparagus Bruschetta

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound asparagus fresh trimmed cut into 1/2 inch pieces
- 0.5 cup cheese blue crumbled
- 12 slices baguette french toasted
- 0.3 cup basil fresh minced
- 3 garlic cloves minced
- 2 cups grape tomatoes halved
- 3 green onions chopped
- 3 tablespoons juice of lime

- 1.5 teaspoons lime zest grated
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 3 cups water

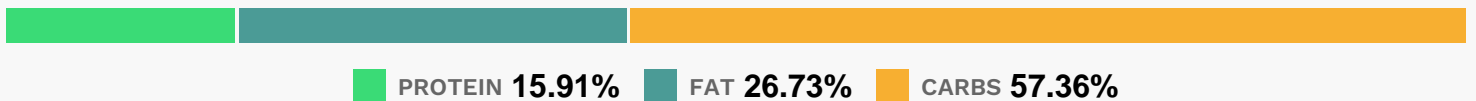
Equipment

- bowl
- sauce pan
- slotted spoon

Directions

- In a large saucepan, bring water to a boil.
- Add the asparagus; cover and boil for 2–4 minutes.
- Drain and immediately place asparagus in ice water.
- Drain and pat dry.
- In a bowl, combine the asparagus, tomatoes, basil, onions, lime juice, oil, garlic, lime peel, salt and pepper. Using a slotted spoon, spoon asparagus mixture onto bread.
- Sprinkle with blue cheese.

Nutrition Facts



Properties

Glycemic Index:60.79, Glycemic Load:22.18, Inflammation Score:-7, Nutrition Score:14.508260701014%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.09mg,

Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 249.22kcal (12.46%), Fat: 7.49g (11.52%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 33.14g (12.05%), Sugar: 5.37g (5.96%), Cholesterol: 8.44mg (2.81%), Sodium: 632.42mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin K: 40.02µg (38.12%), Vitamin B1: 0.46mg (30.46%), Folate: 105µg (26.25%), Manganese: 0.47mg (23.64%), Selenium: 13.77µg (19.68%), Vitamin B2: 0.32mg (18.81%), Vitamin B3: 3.75mg (18.74%), Iron: 3.36mg (18.69%), Vitamin A: 902.48IU (18.05%), Vitamin C: 13.09mg (15.87%), Calcium: 154.66mg (15.47%), Phosphorus: 142.26mg (14.23%), Fiber: 3g (12.01%), Copper: 0.22mg (10.92%), Potassium: 338.19mg (9.66%), Vitamin B6: 0.19mg (9.32%), Vitamin E: 1.31mg (8.7%), Magnesium: 34.16mg (8.54%), Zinc: 1.16mg (7.75%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.14µg (2.29%)