

SIDE DISH

# Asparagus Glazed with White Truffle Fondue

6 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 6      | \$1.91      | 132 kcal |

Asparagus Glazed with White Truffle Fondue is a gluten free, lacto ovo vegetarian, and primal recipe with 6 servings. One portion of this dish contains about 2g of protein, 13g of fat, and a total of 132 calories. For \$1.91 per serving, this recipe covers 6% of your daily requirements of vitamins an...

## Ingredients

|                                                                            |                                                                    |
|----------------------------------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> 1 pound pencil-thin asparagus                     | <input type="checkbox"/> 6 servings Salt and freshly ground pepper |
| <input type="checkbox"/> 2 tablespoons minced shallots                     | <input type="checkbox"/> 1 teaspoon minced tarragon                |
| <input type="checkbox"/> ¼ cup white truffle fondue (from a 3.5 ounce jar) | <input type="checkbox"/> 1 ounce tablespoons unsalted butter       |

EQUIPMENT Frying pan, Oven, Broiler

## Method

- 1 Preheat the broiler and position an oven rack 8 inches from the heat. Melt the butter in a large skillet.
- 2 Add the minced shallots and cook over moderately high heat until barely softened, about 1 minute.
- 3 Add the asparagus, season with salt and pepper and cook over moderate heat, stirring occasionally, until crisp-tender and lightly browned in spots, about 5 minutes.
- 4 Transfer the asparagus to a medium gratin dish and spread the truffle fondue over them. Broil until golden and bubbling, shifting the dish for even browning, about 1 minute.

5 Sprinkle with the tarragon and serve.

### Nutrition per serving

| 132           | 2 g     | 13 g | 4 g                         |
|---------------|---------|------|-----------------------------|
| KCAL          | PROTEIN | FAT  | CARBS                       |
| Saturated Fat |         |      | 3.7 g · 23% of daily needs  |
| Fibre         |         |      | 1.7 g · 7% of daily needs   |
| Sugar         |         |      | 1.7 g · 2% of daily needs   |
| Sodium        |         |      | 197 mg · 9% of daily needs  |
| Cholesterol   |         |      | 10.2 mg · 3% of daily needs |
| Vitamin C     |         |      | 4.7 mg · 6% of daily needs  |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/asparagus-glazed-with-white-truffle-fondue-148413](https://whatsheate.com/asparagus-glazed-with-white-truffle-fondue-148413)