



Asparagus Grilled Cheese Sandwich

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 stalk asparagus cleaned trimmed (and)
- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature ()
- ☐ 1 slice oka cheese your favorite (or , gruyere would also be really nice)
- ☐ 2 teaspoons grainy mustard
- ☐ 1 tablespoon olive oil
- ☐ 1 serving salt and pepper to taste

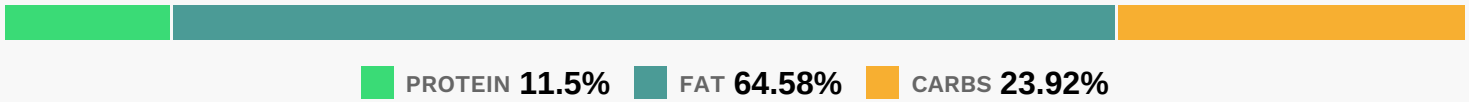
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Toss the asparagus in the oil, salt and pepper.
- ☐ Arrange the asparagus in a single layer on a baking sheet.
- ☐ Roast in a preheated 400F oven until tender, about 10–30 minutes. (Note: Roasting time can vary greatly depending on how thick your asparagus is.)
- ☐ Assemble sandwich and grill until the cheese has melted and the bread is golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:199.67, Glycemic Load:15.06, Inflammation Score:-8, Nutrition Score:20.273912932562%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 13.42mg, Quercetin: 13.42mg, Quercetin: 13.42mg, Quercetin: 13.42mg

Nutrients (% of daily need)

Calories: 517.12kcal (25.86%), Fat: 37.86g (58.25%), Saturated Fat: 14.96g (93.49%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 26.86g (9.77%), Sugar: 5.26g (5.84%), Cholesterol: 58.1mg (19.37%), Sodium: 844.01mg (36.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Vitamin K: 52.91µg (50.39%), Manganese: 0.86mg (43.21%), Selenium: 29.8µg (42.57%), Calcium: 300.92mg (30.09%), Vitamin A: 1364.4IU (27.29%), Phosphorus: 264.56mg (26.46%), Vitamin B1: 0.4mg (26.34%), Folate: 104.52µg (26.13%), Vitamin E: 3.78mg (25.18%), Iron: 4.36mg (24.21%), Vitamin B2: 0.41mg (24.2%), Vitamin B3: 4.15mg (20.73%), Fiber: 4.69g (18.74%), Zinc: 2.21mg (14.7%), Copper: 0.28mg (14.06%), Magnesium: 49.04mg (12.26%), Potassium: 312.98mg (8.94%), Vitamin B5: 0.88mg (8.83%), Vitamin B6: 0.18mg (8.81%), Vitamin C: 5.53mg (6.7%), Vitamin B12: 0.32µg (5.34%), Vitamin D: 0.17µg (1.12%)