

Asparagus Hollandaise Puff

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

SAUCE

Ingredients

- 0.8 pound asparagus fresh trimmed (18 spears)
- 0.5 cup butter cubed
- 4 eggs
- 1 cup flour all-purpose
- 4 ounces deli honey ham julienned thinly sliced
- 1 envelope knorr hollandaise sauce mix
- 0.5 teaspoon salt
- 4 ounces swiss cheese shredded
- 1 cup water

0.1 teaspoon pepper white

Equipment

frying pan

sauce pan

oven

Directions

In a large saucepan, bring the water, butter, salt and pepper to a boil.

Add flour and cheese; stir until a smooth ball forms.

Remove from the heat; let stand for 5 minutes.

Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.

Spread dough over the bottom of a greased 10-in. quiche pan or pie plate, forming a shell by pushing dough from center toward the edges.

Bake, uncovered, at 375° for 30 minutes or until puffed around the edges and golden brown.

Meanwhile, prepare hollandaise sauce according to package directions.

Add 1/2 in. of water to a large skillet; add asparagus and bring to a boil. Reduce heat; cover and simmer until crisp-tender, about 4 minutes.

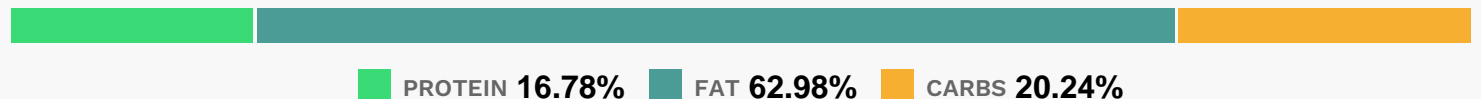
Drain and keep warm.

Arrange ham and asparagus in center of puff.

Drizzle with hollandaise sauce.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:8.93, Inflammation Score:-6, Nutrition Score:11.289130480393%

Flavonoids

Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 302.47kcal (15.12%), Fat: 20.57g (31.65%), Saturated Fat: 11.45g (71.56%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.55g (4.93%), Sugar: 0.93g (1.04%), Cholesterol: 147.97mg (49.32%), Sodium: 565.11mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Selenium: 20.66µg (29.51%), Phosphorus: 197.7mg (19.77%), Vitamin B1: 0.28mg (18.65%), Vitamin B2: 0.32mg (18.64%), Vitamin A: 912.48IU (18.25%), Vitamin K: 18.99µg (18.09%), Folate: 63.18µg (15.79%), Calcium: 156.48mg (15.65%), Vitamin B12: 0.74µg (12.31%), Iron: 2.17mg (12.06%), Zinc: 1.59mg (10.58%), Vitamin B3: 2mg (10.01%), Manganese: 0.18mg (9.22%), Vitamin E: 1.19mg (7.91%), Vitamin B6: 0.15mg (7.36%), Copper: 0.14mg (7.11%), Vitamin B5: 0.66mg (6.63%), Potassium: 187.04mg (5.34%), Fiber: 1.32g (5.29%), Magnesium: 20.01mg (5%), Vitamin D: 0.54µg (3.59%), Vitamin C: 2.39mg (2.89%)