



## Asparagus & Parmesan pastries

READY IN



35 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

### Ingredients

- ☐ 6 tbsp mascarpone cheese
- ☐ 40 g parmesan grated (or vegetarian alternative)
- ☐ 3 tbsp basil finely chopped
- ☐ 0.5 lemon zest
- ☐ 375 g puff pastry quartered (then cut to the length of the asparagus)
- ☐ 350 g asparagus
- ☐ 1 tbsp olive oil
- ☐ 1 handful the salad red such as rocket, basil, frisée and little chard, tossed in vinaigrette good

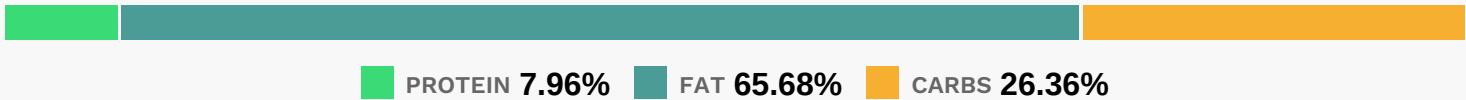
# Equipment

☐ oven

# Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Mix the mascarpone with the Parmesan, basil and lemon zest, then season.
- ☐ Lift the pastry onto 2 trays, then score around the edges of each piece to make a thin border.
- ☐ Spread the cheese mixture within the borders.
- ☐ Toss the asparagus in the oil, then arrange the bundles on top of the pastry (these can be stacked a bit for height).
- ☐ Bake the pastries for 20–25 mins until golden, then serve warm topped with the dressed salad leaves and a few shavings of Parmesan.

# Nutrition Facts



# Properties

Glycemic Index:46.25, Glycemic Load:23.51, Inflammation Score:-8, Nutrition Score:19.054782902417%

# Flavonoids

Isorhamnetin: 4.99mg, Isorhamnetin: 4.99mg, Isorhamnetin: 4.99mg, Isorhamnetin: 4.99mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

# Nutrients (% of daily need)

Calories: 708.49kcal (35.42%), Fat: 52.07g (80.11%), Saturated Fat: 17.5g (109.39%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 43.62g (15.86%), Sugar: 2.46g (2.74%), Cholesterol: 29.3mg (9.77%), Sodium: 410.67mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.41%), Vitamin K: 73.38µg (69.89%), Selenium: 27.01µg (38.58%), Vitamin B1: 0.51mg (33.81%), Manganese: 0.67mg (33.33%), Folate: 126.34µg (31.58%), Vitamin A: 1418.76IU (28.38%), Iron: 4.59mg (25.52%), Vitamin B2: 0.43mg (25.36%), Vitamin B3: 4.89mg (24.45%), Calcium: 190.98mg (19.1%), Phosphorus: 177.79mg (17.78%), Copper: 0.3mg (14.97%), Vitamin E: 2.06mg (13.74%), Fiber: 3.4g (13.6%), Vitamin C: 9.04mg (10.96%), Magnesium: 35.89mg (8.97%), Zinc: 1.31mg (8.7%), Potassium: 275.51mg (7.87%), Vitamin B6: 0.13mg (6.25%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.12µg (2%)