



## Asparagus Parmesan Pastry Rolls

READY IN



45 min.

SERVINGS



96

CALORIES



42 kcal

### Ingredients

- ☐ 2 pounds asparagus trimmed to 6-inch lengths and tips reserved if desired ()
- ☐ 2 large egg yolks with 2 tablespoons cold water lightly beaten
- ☐ 1.8 cups parmigiano-reggiano packed finely grated
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 3 tablespoons truffle oil white black ()

### Equipment

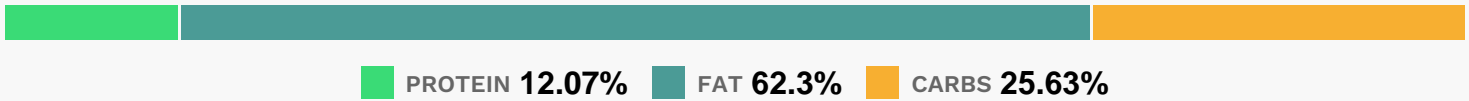
- ☐ baking sheet
- ☐ oven
- ☐ knife

- ☐ plastic wrap
- ☐ spatula
- ☐ rolling pin
- ☐ cutting board

## Directions

- ☐ Unfold pastry sheets and halve each parallel to fold lines.
- ☐ Roll out 1 half (keep remaining 3 halves chilled, covered with plastic wrap) into a 20- by 7-inch rectangle with a floured rolling pin on a well-floured surface. (Pastry will shrink slightly after rolling.)
- ☐ Brush off excess flour from work surface and both sides of pastry, then trim all edges with a sharp knife to make even.
- ☐ Cut crosswise into 6 (6 1/2- by 3-inch) rectangles.
- ☐ Brush rectangles with some egg wash and sprinkle each evenly with 1 packed tablespoon cheese, leaving a 1/2-inch border on long sides.
- ☐ Lay an asparagus stalk along 1 long side, then roll up asparagus in pastry, pressing seam to seal. Make more rolls with remaining pastry, cheese, and asparagus.
- ☐ Arrange rolls, seam sides down, about 1 inch apart on lightly oiled baking sheets and brush top and sides lightly with egg wash. Chill rolls until pastry is firm, at least 15 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Bake rolls in batches in middle of oven until puffed and golden, about 16 minutes.
- ☐ Transfer with a metal spatula to a cutting board and trim about 1/2 inch from ends. Halve each roll crosswise, then, starting about 1/2 inch from either end, cut each section diagonally in half (see photo, opposite). Stand asparagus rolls on end, 2 by 2 on platters, and drizzle each with 1 drop of truffle oil (if using).
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:1.2, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:1.5260869562626%

Flavonoids

Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 42.11kcal (2.11%), Fat: 2.95g (4.55%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.23g (0.26%), Cholesterol: 5.06mg (1.69%), Sodium: 42.26mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin K: 5.05µg (4.81%), Selenium: 2.06µg (2.94%), Calcium: 24.82mg (2.48%), Folate: 9.53µg (2.38%), Vitamin B1: 0.04mg (2.34%), Phosphorus: 22mg (2.2%), Vitamin B2: 0.04mg (2.1%), Manganese: 0.04mg (2.02%), Iron: 0.36mg (2%), Vitamin A: 90.84IU (1.82%), Vitamin B3: 0.31mg (1.55%), Vitamin E: 0.21mg (1.4%), Copper: 0.02mg (1.23%), Fiber: 0.27g (1.1%)