

Asparagus Roll-Ups

READY IN



40 min.

SERVINGS



16

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 asparagus spears fresh thick
- ☐ 8 slices bacon
- ☐ 0.3 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons chives fresh minced
- ☐ 0.5 juice of lemon juiced
- ☐ 16 slices multi-grain bread
- ☐ 3 tablespoons parmesan cheese grated

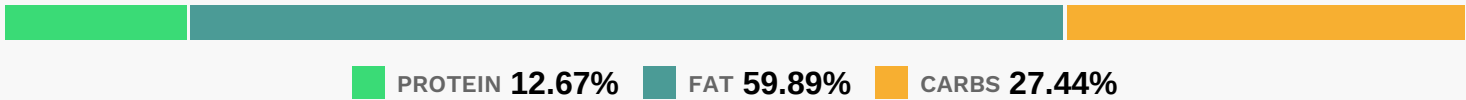
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on paper towels. Crumble bacon when cooled.
- ☐ Cook asparagus in a skillet with a small amount of water over medium heat until crisp and tender, about 6 to 8 minutes; drain and sprinkle with lemon juice.
- ☐ Flatten bread slices with a rolling pin.
- ☐ Stir cream cheese, crumbled bacon, and chives together in a small bowl until evenly mixed.
- ☐ Spread 1 tablespoon of the cream cheese mixture onto each slice of bread and top with an asparagus spear.
- ☐ Roll the bread tightly around the asparagus; arrange onto prepared baking sheet with seam side down.
- ☐ Brush the tops of the rolls with melted butter and sprinkle with Parmesan cheese.
- ☐ Bake in preheated oven until lightly browned, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:7.55, Inflammation Score:-4, Nutrition Score:7.3895652320074%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 199.5kcal (9.97%), Fat: 13.4g (20.61%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.78g (4.28%), Sugar: 2.1g (2.34%), Cholesterol: 30.02mg (10.01%), Sodium: 282.88mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Manganese: 0.63mg (31.41%), Selenium: 11.39µg (16.27%), Vitamin B1: 0.17mg (11.13%), Phosphorus: 105.77mg (10.58%), Vitamin K: 10.2µg (9.71%), Vitamin B3: 1.86mg (9.29%), Vitamin A: 429.36IU (8.59%), Fiber: 2.03g (8.11%), Calcium: 73.32mg (7.33%), Vitamin B2: 0.12mg (6.8%), Magnesium: 27.01mg (6.75%), Iron: 1.13mg (6.29%), Vitamin B6: 0.11mg (5.7%), Folate: 22.1µg (5.52%), Zinc: 0.83mg (5.51%), Copper: 0.1mg (5.09%), Potassium: 147.46mg (4.21%), Vitamin E: 0.59mg (3.94%), Vitamin B5: 0.39mg (3.87%), Vitamin C: 1.48mg (1.79%), Vitamin B12: 0.1µg (1.75%)