



## Asparagus Rollups

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

SIDE DISH

### Ingredients

- ☐ 24 asparagus spears fresh
- ☐ 4 ounce cheese blue crumbled
- ☐ 12 slices bread trimmed
- ☐ 0.3 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 12 slices deli ham thinly sliced
- ☐ 1 tablespoon chives fresh chopped
- ☐ 12 servings garnishes: green onion curl
- ☐ 2 tablespoons mayonnaise

☐ 12 servings paprika

## Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ rolling pin
- ☐ peeler
- ☐ steamer basket

## Directions

- ☐ Snap off tough ends of asparagus, and remove scales from stalks with a vegetable peeler, if desired. Arrange asparagus in a steamer basket over boiling water. Cover and steam 4 to 6 minutes or until crisp-tender.
- ☐ Remove from steamer, and cool on paper towels.
- ☐ Stir together cream cheese and next 3 ingredients.
- ☐ Roll each bread slice with a rolling pin to flatten.
- ☐ Spread 1 side of each slice with 2 tablespoons cream cheese mixture; top each with 1 ham slice.
- ☐ Place 2 asparagus spears, tips pointed toward opposite ends, on 1 end of each bread slice; roll up, and place, seam side down, on a greased baking sheet.
- ☐ Brush with butter; sprinkle with paprika.
- ☐ Bake at 400 for 12 minutes or until golden.
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ Note: Freeze unbaked rollups up to 1 month in an airtight container. Thaw in refrigerator, and bake as directed.

## Nutrition Facts



 PROTEIN **16.83%**  FAT **57.42%**  CARBS **25.75%**

Properties

Glycemic Index:23.89, Glycemic Load:8.67, Inflammation Score:-10, Nutrition Score:22.062173796737%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 325.62kcal (16.28%), Fat: 21.25g (32.69%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 17.38g (6.32%), Sugar: 6.32g (7.02%), Cholesterol: 44.52mg (14.84%), Sodium: 697.22mg (30.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.04%), Vitamin C: 97.38mg (118.04%), Vitamin A: 4067.64IU (81.35%), Selenium: 18.41µg (26.3%), Vitamin B1: 0.38mg (25.6%), Manganese: 0.51mg (25.38%), Vitamin K: 24.9µg (23.71%), Vitamin B6: 0.45mg (22.67%), Vitamin B3: 4.17mg (20.87%), Folate: 82.06µg (20.51%), Vitamin B2: 0.35mg (20.44%), Phosphorus: 196.85mg (19.68%), Vitamin E: 2.68mg (17.9%), Fiber: 4.06g (16.24%), Iron: 2.74mg (15.21%), Potassium: 439.33mg (12.55%), Calcium: 124.5mg (12.45%), Zinc: 1.74mg (11.58%), Vitamin B5: 1.01mg (10.12%), Magnesium: 37.92mg (9.48%), Copper: 0.16mg (8.01%), Vitamin B12: 0.34µg (5.73%), Vitamin D: 0.25µg (1.65%)