



## Asparagus Sesame Rolls

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



126 kcal

### Ingredients

- 6 asparagus fresh
- 0.3 cup cheese blue crumbled
- 3 tablespoons butter melted
- 3 ounces cream cheese softened
- 1.5 teaspoons sesame seed toasted

### Equipment




- bowl
- baking sheet
- oven

rolling pin

## Directions

- Trim asparagus spears to 6 in. Flatten bread with a rolling pin. In a small bowl, beat cream cheese and blue cheese until combined.
- Spread over bread; top with an asparagus spear and roll up tightly.
- Roll in butter; place seam side down on a baking sheet coated with cooking spray.
- Sprinkle with sesame seeds.
- Bake at 375° for 14–16 minutes or until bottom is lightly browned.

## Nutrition Facts

 **PROTEIN 8%**  **FAT 86.86%**  **CARBS 5.14%**

## Properties

Glycemic Index:28.5, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:2.9760869456374%

## Flavonoids

Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 125.72kcal (6.29%), Fat: 12.44g (19.13%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.87g (0.96%), Cholesterol: 33.59mg (11.2%), Sodium: 154.58mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin A: 529.22IU (10.58%), Vitamin K: 7.58µg (7.22%), Calcium: 53.84mg (5.38%), Phosphorus: 50.08mg (5.01%), Vitamin B2: 0.08mg (4.72%), Selenium: 2.64µg (3.78%), Vitamin E: 0.48mg (3.2%), Folate: 12.32µg (3.08%), Copper: 0.06mg (2.77%), Iron: 0.45mg (2.5%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.23mg (2.3%), Vitamin B1: 0.03mg (2.14%), Potassium: 69.45mg (1.98%), Manganese: 0.04mg (1.98%), Vitamin B12: 0.11µg (1.86%), Vitamin B6: 0.04mg (1.8%), Magnesium: 6.7mg (1.68%), Fiber: 0.4g (1.58%), Vitamin B3: 0.25mg (1.26%), Vitamin C: 0.9mg (1.09%)