

## Asparagus Snack Squares

READY IN



40 min.

SERVINGS



36

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound asparagus fresh trimmed
- 3 tablespoons butter
- 2 garlic clove minced
- 4 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 16 ounces regular crescent rolls refrigerated
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- 1 cup onion sweet chopped
- 4 ounces swiss cheese shredded

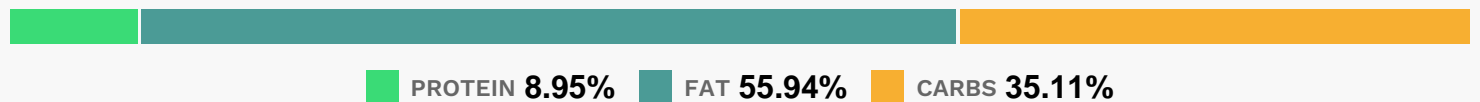
## Equipment

- frying pan
- oven
- baking pan

## Directions

- In a large skillet, saute onion in butter until tender.
- Add garlic; cook 1 minute longer.
- Cut asparagus into 1-in. pieces; set the tips aside.
- Add remaining asparagus to skillet; saute until crisp-tender.
- Add asparagus tips and pepper; saute 1-2 minutes longer or until asparagus is tender.
- Press dough into an ungreased 15-in. x 10-in. x 1-in. baking pan; seal seams and perforations.
- Bake at 375° for 6-8 minutes or until lightly browned.
- Top with asparagus mixture; sprinkle with cheeses.
- Bake 6-8 minutes longer or until cheese is melted.
- Cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:1.9643477951379%

## Flavonoids

Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

## Nutrients (% of daily need)

Calories: 121.17kcal (6.06%), Fat: 7.86g (12.1%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.79g (3.92%), Sugar: 3.02g (3.35%), Cholesterol: 7.45mg (2.48%), Sodium: 231.28mg (10.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Calcium: 57.22mg (5.72%), Vitamin K: 5.46µg (5.2%), Phosphorus: 40.97mg (4.1%), Iron: 0.61mg (3.41%), Vitamin A: 165.84IU (3.32%), Selenium: 1.75µg (2.5%), Vitamin B2: 0.04mg (2.26%), Folate: 8.18µg (2.05%), Vitamin B12: 0.12µg (2.05%), Zinc: 0.3mg (2.01%), Copper: 0.03mg (1.46%), Manganese: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.41%), Vitamin E: 0.19mg (1.29%), Fiber: 0.31g (1.25%), Vitamin B6: 0.02mg (1.19%), Vitamin C: 0.97mg (1.18%), Potassium: 36.76mg (1.05%)