



Asparagus soldiers with a soft-boiled egg



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 50 g breadcrumbs dry fine
- ☐ 1 pinch pepper flakes
- ☐ 16 asparagus
- ☐ 4 eggs

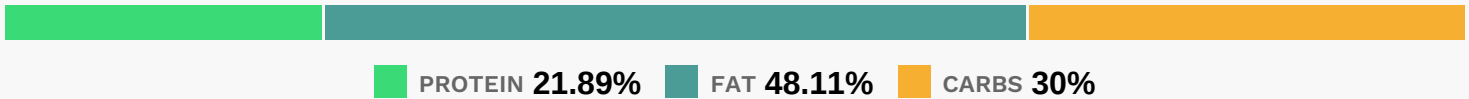
Equipment

- ☐ frying pan

Directions

- ☐
- Heat the oil in a pan, add the breadcrumbs, then fry until crisp and golden. Season with the spices and flaky sea salt, then leave to cool. Cook the asparagus in a large pan of boiling salted water for 3–5 mins until tender. At the same time, boil the eggs for 3–4 mins. Put each egg in an egg cup on a plate.
- ☐
- Drain the asparagus and divide between plates. Scatter over the crumbs and serve.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:11.165652109229%

Flavonoids

Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 156.13kcal (7.81%), Fat: 8.42g (12.96%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.15g (2.39%), Cholesterol: 163.68mg (54.56%), Sodium: 155.35mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.25%), Vitamin K: 29.72µg (28.31%), Selenium: 18.13µg (25.9%), Vitamin B2: 0.34mg (20.11%), Folate: 67.39µg (16.85%), Iron: 2.77mg (15.36%), Vitamin B1: 0.23mg (15.34%), Vitamin A: 723.82IU (14.48%), Phosphorus: 141.13mg (14.11%), Manganese: 0.23mg (11.44%), Vitamin E: 1.7mg (11.34%), Copper: 0.18mg (9.24%), Vitamin B5: 0.92mg (9.19%), Fiber: 1.91g (7.64%), Vitamin B6: 0.15mg (7.47%), Vitamin B3: 1.49mg (7.46%), Zinc: 1.1mg (7.3%), Vitamin B12: 0.44µg (7.26%), Calcium: 62.94mg (6.29%), Potassium: 215.34mg (6.15%), Vitamin D: 0.88µg (5.87%), Magnesium: 19.67mg (4.92%), Vitamin C: 3.94mg (4.78%)