



Asparagus Squares

READY IN



45 min.

SERVINGS



36

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus fresh
- 3 tablespoons butter
- 2 garlic cloves minced
- 0.3 teaspoon pepper
- 16 ounce crescent rolls refrigerated canned
- 4 ounces mozzarella cheese shredded
- 4 ounces swiss cheese shredded
- 1 vidalia onion chopped

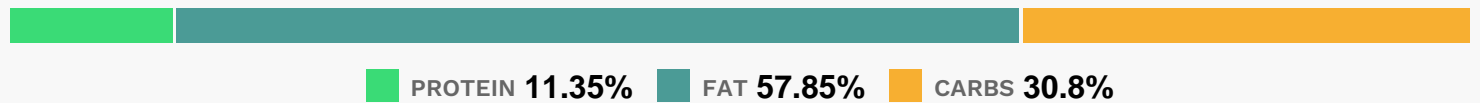
Equipment

- frying pan
- oven

Directions

- Unroll crescent rolls, and press dough into an ungreased 15- x 10-inch jellyroll pan, pressing to seal perforations.
- Bake on lower oven rack at 375 for 6 to 8 minutes or until lightly browned.
- Melt butter in a large skillet over medium-high heat; add onion, and saut 5 minutes.
- Add minced garlic, and saut 2 minutes.
- Snap off tough ends of asparagus.
- Cut asparagus into 1-inch pieces, and reserve tips.
- Add asparagus pieces to skillet; saut 4 to 6 minutes or until crisp-tender.
- Add pepper and asparagus tips; saut 1 to 2 minutes or until tender.
- Spoon asparagus mixture onto prepared crust; sprinkle with cheeses.
- Bake asparagus mixture on lower oven rack at 375 for 6 to 8 minutes or until cheese melts.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.0260869685722%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 80.06kcal (4%), Fat: 5.35g (8.23%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 6.06g (2.2%), Sugar: 1.99g (2.21%), Cholesterol: 5.42mg (1.81%), Sodium: 136.51mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin K: 5.41µg (5.15%), Calcium: 49.52mg (4.95%), Phosphorus: 38.81mg (3.88%), Vitamin A: 184.61IU (3.69%), Vitamin B12: 0.17µg (2.8%), Iron: 0.47mg (2.64%), Selenium: 1.84µg (2.63%), Folate: 9.19µg (2.3%), Vitamin B2: 0.04mg (2.28%), Zinc: 0.31mg (2.08%), Manganese: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.57%), Copper: 0.03mg (1.57%), Vitamin C: 1.2mg (1.46%), Vitamin B6: 0.03mg (1.45%), Fiber: 0.35g (1.42%), Vitamin E: 0.21mg (1.37%), Potassium: 42.37mg (1.21%), Magnesium: 4.36mg (1.09%)