



Asparagus Strudel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

Ingredients

- ☐ 1 pound asparagus spears fresh
- ☐ 0.5 cup butter divided melted
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon dillweed dried whole
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 cup half-and-half
- ☐ 0.1 teaspoon hot sauce

- ☐ 1 teaspoon juice of lemon
- ☐ 8 sheets commercial phyllo pastry frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced

Equipment

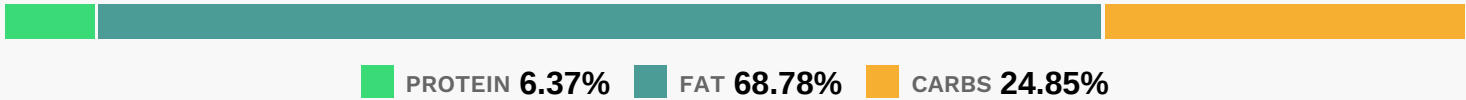
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ peeler

Directions

- ☐ Snap off tough ends of asparagus.
- ☐ Remove scales from stalks with a knife or vegetable peeler, if desired.
- ☐ Cut stalks in half; arrange in a vegetable steamer over boiling water. Cover and steam 5 minutes.
- ☐ Place asparagus in ice water; set aside.
- ☐ Saute shallots in 2 tablespoons butter in a heavy saucepan over medium heat until tender.
- ☐ Add flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually add half-and-half; cook over medium heat, stirring constantly, until mixture is thickened. Stir in lemon juice and next 5 ingredients.
- ☐ Place 1 sheet of phyllo on a damp towel (keep remaining phyllo covered).
- ☐ Brush with 2 teaspoons melted butter.
- ☐ Layer second sheet of phyllo on first sheet; brush with 2 teaspoons butter.
- ☐ Cut stack in half lengthwise, making 2 rectangles.
- ☐ Drain asparagus.
- ☐ Place one-eighth of asparagus at short end of each rectangle; spoon one-eighth of sauce mixture over asparagus on each rectangle. Fold ends of rectangles over asparagus; roll up jellyroll fashion. Repeat with remaining phyllo, butter, asparagus, and sauce mixture.

- ☐ Brush phyllo packets with remaining melted butter; place on a greased baking sheet.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:8.0682608355647%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 244.04kcal (12.2%), Fat: 19.08g (29.35%), Saturated Fat: 11.54g (72.13%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 13.79g (5.01%), Sugar: 2.6g (2.88%), Cholesterol: 48.62mg (16.21%), Sodium: 372.57mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin K: 25.72µg (24.5%), Vitamin A: 981.7IU (19.63%), Vitamin B1: 0.21mg (14.05%), Folate: 52.11µg (13.03%), Vitamin B2: 0.22mg (12.92%), Iron: 2mg (11.12%), Selenium: 7.55µg (10.78%), Manganese: 0.21mg (10.39%), Phosphorus: 80.88mg (8.09%), Vitamin E: 1.14mg (7.63%), Vitamin B3: 1.49mg (7.44%), Fiber: 1.72g (6.89%), Copper: 0.14mg (6.79%), Calcium: 55.04mg (5.5%), Potassium: 186.22mg (5.32%), Vitamin C: 3.98mg (4.83%), Vitamin B6: 0.08mg (4.2%), Magnesium: 15.6mg (3.9%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.09µg (1.46%)