



Asparagus, sundried tomato & olive loaf

READY IN



65 min.

SERVINGS



10

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 100 ml olive oil for greasing
- ☐ 250 g asparagus spears cut into 3 pieces
- ☐ 200 g self-raising flour
- ☐ 1 tbsp thyme leaves
- ☐ 3 large eggs lightly beaten
- ☐ 100 ml milk
- ☐ 1 handful olives black pitted
- ☐ 100 g sundried tomatoes roughly chopped
- ☐ 100 g gruyere cheese grated

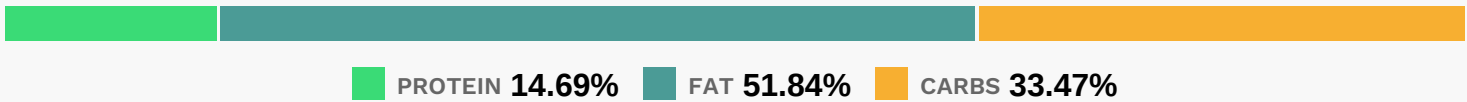
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Oil and line the base of a loaf tin (approx 22 x 10 x 5cm) with baking paper. Cook the asparagus in boiling, salted water for 2 mins, drain, then cool quickly under cold running water. Pat dry.
- ☐ Mix the flour and thyme with seasoning in a large bowl. Make a well in the centre, then add the eggs, milk and oil, stirring all the time to draw the flour into the centre. Beat for 1 min to make a smooth batter.
- ☐ Reserve 5 asparagus tips and a few olives.
- ☐ Add the remaining asparagus, tomatoes, olives and two-thirds of the cheese to the batter.
- ☐ Pour into the tin, then put the reserved asparagus and olives on top.
- ☐ Sprinkle with the remaining cheese.
- ☐ Bake for 35–40 mins until the cake feels firm to the touch and is golden and crusty on top. Cool in the tin for 5 mins, then turn out and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:11.06, Inflammation Score:-7, Nutrition Score:10.650434836097%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 256.25kcal (12.81%), Fat: 15.09g (23.22%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 19.53g (7.1%), Sugar: 4.89g (5.43%), Cholesterol: 68.04mg (22.68%), Sodium: 139.66mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.25%), Selenium: 15.33µg (21.91%), Manganese: 0.4mg (20.04%), Vitamin K: 20.63µg (19.65%), Phosphorus: 169.44mg (16.94%), Calcium: 146.05mg (14.61%), Potassium: 462.96mg (13.23%), Vitamin E: 1.95mg (12.97%), Vitamin B2: 0.21mg (12.37%), Copper: 0.25mg (12.3%), Iron: 2.09mg (11.59%), Vitamin A: 510.42IU (10.21%), Fiber: 2.4g (9.6%), Magnesium: 35.88mg (8.97%), Folate: 34.83µg (8.71%), Vitamin B1: 0.12mg (8.21%), Vitamin C: 6.44mg (7.81%), Zinc: 1.14mg (7.62%), Vitamin B3: 1.4mg (7%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.35µg (5.82%), Vitamin B6: 0.11mg (5.31%), Vitamin D: 0.47µg (3.16%)