



Asparagus with Black Pepper, Bacon, and Goat Cheese Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus spears trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 bacon crumbled cooked drained ()
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.3 cup milk fat-free
- ☐ 3 ounces goat cheese softened
- ☐ 1 teaspoon juice of lemon

☐ 1 teaspoon salt

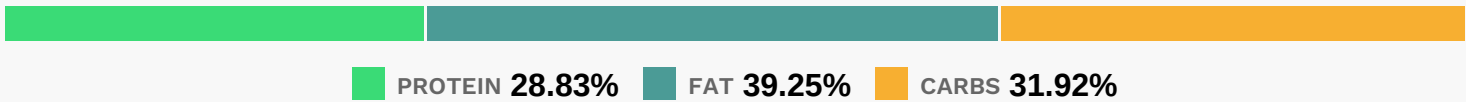
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 1 gallon water and salt to a boil in a Dutch oven; add asparagus. Cook 2 minutes or until crisp tender.
- ☐ Drain and rinse with cold water. Pat dry with paper towels; chill.
- ☐ Combine goat cheese, mayonnaise, juice, pepper, and bacon in a medium bowl, stirring with a whisk.
- ☐ Add milk, 1 tablespoon at a time, stirring until smooth.
- ☐ Arrange asparagus on a platter; drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:12.16, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:10.145652288976%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 69.07kcal (3.45%), Fat: 3.28g (5.05%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 3.47g (1.26%), Sugar: 3.37g (3.75%), Cholesterol: 7.75mg (2.58%), Sodium: 425.72mg (18.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Vitamin K: 49.25µg (46.91%), Vitamin A:

983.85IU (19.68%), Folate: 60.53µg (15.13%), Copper: 0.3mg (14.85%), Iron: 2.67mg (14.81%), Vitamin B2: 0.22mg (12.72%), Vitamin B1: 0.19mg (12.35%), Phosphorus: 102.64mg (10.26%), Fiber: 2.54g (10.14%), Manganese: 0.2mg (10.04%), Vitamin E: 1.31mg (8.76%), Vitamin C: 6.59mg (7.99%), Potassium: 259.67mg (7.42%), Vitamin B6: 0.15mg (7.27%), Vitamin B3: 1.38mg (6.88%), Selenium: 4.1µg (5.86%), Zinc: 0.81mg (5.41%), Calcium: 53.35mg (5.34%), Magnesium: 19.41mg (4.85%), Vitamin B5: 0.43mg (4.34%), Vitamin B12: 0.09µg (1.44%)