



HEALTH SCORE

12%

Asparagus with Blue Cheese Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound asparagus fresh
- ☐ 1 tablespoons cheese blue crumbled
- ☐ 2 ounces cream cheese softened
- ☐ 3 tablespoons evaporated milk
- ☐ 0.1 teaspoon salt

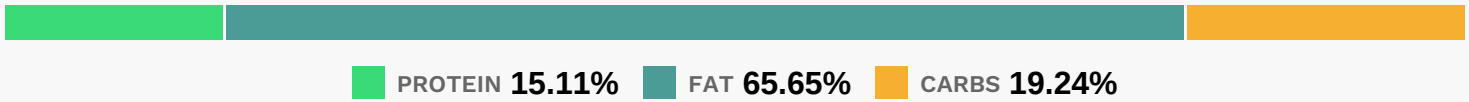
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐
- In a small saucepan, cook asparagus in a small amount of water until crisp-tender. Meanwhile, in another saucepan, whisk cream cheese, milk and salt over low heat until smooth. Stir in blue cheese and heat through.
- ☐
- Drain asparagus and top with sauce.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:11.427826115619%

Flavonoids

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: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 164.63kcal (8.23%), Fat: 12.59g (19.38%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 5.92g (2.15%), Sugar: 5.47g (6.08%), Cholesterol: 37.78mg (12.59%), Sodium: 300.73mg (13.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin K: 47.99µg (45.7%), Vitamin A: 1318.5IU (26.37%), Vitamin B2: 0.31mg (18.21%), Folate: 64.58µg (16.14%), Phosphorus: 148.52mg (14.85%), Iron: 2.51mg (13.96%), Calcium: 132.01mg (13.2%), Vitamin B1: 0.18mg (12.02%), Copper: 0.22mg (11.23%), Vitamin E: 1.57mg (10.47%), Potassium: 343.65mg (9.82%), Fiber: 2.38g (9.53%), Manganese: 0.18mg (9.22%), Selenium: 6.07µg (8.67%), Vitamin C: 6.78mg (8.22%), Vitamin B6: 0.14mg (6.81%), Zinc: 1.02mg (6.81%), Vitamin B5: 0.68mg (6.76%), Magnesium: 24.64mg (6.16%), Vitamin B3: 1.21mg (6.07%), Vitamin B12: 0.14µg (2.35%)