

## Asparagus with Brie

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

### Ingredients

- 1 bunch asparagus fresh trimmed
- 0.3 cup butter melted
- 0.5 cup breadcrumbs dry
- 0.3 cup sesame seed toasted

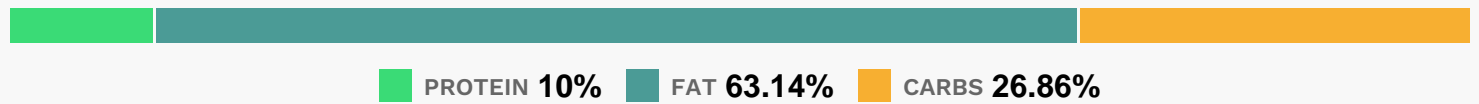
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still crisp, about 2 to 6 minutes.
- Drain and place in a shallow baking dish.
- Lay cheese slices over asparagus. In a small bowl combine melted butter, bread crumbs and sesame seeds.
- Sprinkle over cheese.
- Bake in preheated oven for 8 minutes.
- Increase oven to broil. Broil just until breadcrumbs are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:29.25, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:15.181304371875%

## Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

## Nutrients (% of daily need)

Calories: 231.27kcal (11.56%), Fat: 17.01g (26.17%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 12.21g (4.44%), Sugar: 2.99g (3.32%), Cholesterol: 30.5mg (10.17%), Sodium: 193.33mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin K: 48.68µg (46.37%), Copper: 0.63mg (31.49%), Manganese: 0.53mg (26.62%), Iron: 4.43mg (24.59%), Vitamin B1: 0.37mg (24.42%), Vitamin A: 1205.89IU (24.12%), Folate: 82.46µg (20.62%), Fiber: 4.08g (16.31%), Calcium: 146.52mg (14.65%), Phosphorus: 143.15mg (14.31%), Vitamin B2: 0.24mg (14.18%), Magnesium: 54.74mg (13.69%), Selenium: 9.36µg (13.37%), Vitamin B3: 2.43mg (12.13%), Vitamin E: 1.63mg (10.9%), Zinc: 1.54mg (10.28%), Vitamin B6: 0.19mg (9.66%), Potassium: 300.99mg (8.6%), Vitamin C: 6.3mg (7.64%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.07µg (1.19%)