



Asparagus with Cambozola Sauce

READY IN



37 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus ends trimmed peeled
- ☐ 0.5 loaf day-old bread cut into cubes
- ☐ 0.3 pound cambozola cheese
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 servings gray salt and pepper black freshly ground
- ☐ 1 teaspoon thyme leaves finely chopped
- ☐ 2 tablespoons butter unsalted

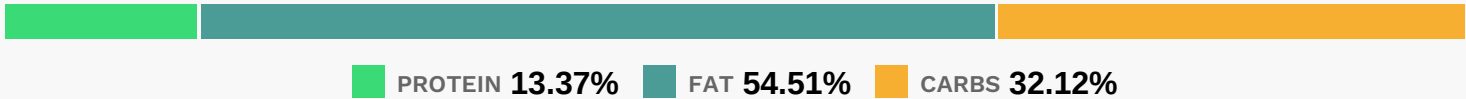
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Fill a deep frying pan halfway full with water and bring to a boil.
- ☐ Add asparagus to the boiling water and add salt and olive oil; boil for 6 minutes.
- ☐ Remove asparagus to a sheet pan or plate to cool, and place in the refrigerator for 5 to 10 minutes. Then chop into bite-size pieces, perfect for dipping.
- ☐ Melt butter in a skillet over medium heat.
- ☐ Add garlic and saute for about 1 minute.
- ☐ Add cream and simmer until reduced by half. Season with salt and pepper.
- ☐ Add cheese, bit by bit, whisking as you go. As 1 piece melts, add another, until no cheese remains. Then add thyme and stir to combine.
- ☐ Serve with cubes of day-old bread and the cooled asparagus pieces.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:15.35, Inflammation Score:-9, Nutrition Score:19.963913036429%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 399.28kcal (19.96%), Fat: 24.75g (38.08%), Saturated Fat: 11.68g (72.97%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 28.08g (10.21%), Sugar: 6.03g (6.7%), Cholesterol: 51.34mg (17.11%), Sodium:

400.09mg (17.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.31%), Vitamin K: 54.36µg (51.77%), Manganese: 0.89mg (44.61%), Selenium: 25.07µg (35.81%), Vitamin A: 1472.44IU (29.45%), Folate: 112.23µg (28.06%), Vitamin B1: 0.41mg (27.13%), Iron: 4.63mg (25.72%), Vitamin B2: 0.43mg (25.16%), Calcium: 249.53mg (24.95%), Phosphorus: 233.29mg (23.33%), Vitamin B3: 4.32mg (21.58%), Fiber: 4.74g (18.96%), Vitamin E: 2.5mg (16.64%), Copper: 0.31mg (15.68%), Zinc: 1.97mg (13.11%), Magnesium: 46.65mg (11.66%), Potassium: 350.89mg (10.03%), Vitamin B6: 0.2mg (10%), Vitamin B5: 0.92mg (9.18%), Vitamin C: 7.43mg (9%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.5µg (3.34%)