



Asparagus with Gorgonzola and Roasted Walnuts



Vegetarian



Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus fresh
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 cup gorgonzola cheese crumbled
- ☐ 4 servings kosher salt to taste
- ☐ 0.5 cup walnuts coarsely chopped

Equipment

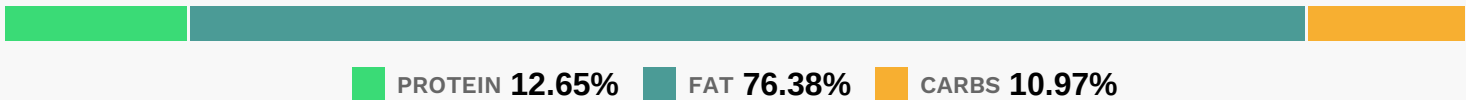
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Rinse asparagus and snap off woody stem ends. Dry asparagus and arrange in a single layer in a shallow baking dish (a nonstick jelly-roll pan works well).
- ☐ Drizzle the olive oil over the asparagus and roll the spears to coat well.
- ☐ Sprinkle lightly with kosher salt.
- ☐ Roast in oven for 7 to 14 minutes depending on the thickness of the spears (thin spears will take much less time than thick ones). When done, asparagus should still be crisp.
- ☐ About 3 to 5 minutes before the asparagus are done, place chopped walnuts in a small pie tin and put into the oven alongside the asparagus. Watch so they don't burn!
- ☐ Remove asparagus and walnuts from the oven. Divide asparagus among four luncheon plates. While asparagus are still hot, sprinkle them with the gorgonzola and the roasted walnuts.
- ☐ Allow to cool slightly.
- ☐ Serve at room temperature for best flavor.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:13.835651883613%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 229.89kcal (11.49%), Fat: 20.72g (31.88%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.57g (2.85%), Cholesterol: 10.59mg (3.53%), Sodium: 358.91mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin K: 51.75µg (49.28%), Manganese:

0.68mg (33.94%), Copper: 0.45mg (22.55%), Folate: 77.92µg (19.48%), Vitamin A: 961.2IU (19.22%), Phosphorus: 163.77mg (16.38%), Iron: 2.92mg (16.21%), Vitamin E: 2.42mg (16.11%), Vitamin B1: 0.21mg (14.32%), Vitamin B2: 0.23mg (13.8%), Fiber: 3.34g (13.37%), Calcium: 116.1mg (11.61%), Magnesium: 42.11mg (10.53%), Vitamin B6: 0.2mg (10.22%), Zinc: 1.44mg (9.57%), Potassium: 328.02mg (9.37%), Vitamin C: 6.49mg (7.87%), Selenium: 5.35µg (7.65%), Vitamin B3: 1.41mg (7.04%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.17µg (2.87%)