



Asparagus with Junk

READY IN



35 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus fresh trimmed
- 0.5 cup breadcrumbs
- 1 cup mayonnaise
- 0.5 cup parmesan cheese grated

Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Place a steamer insert into a saucepan.
- Pour enough water into the saucepan to reach just below the bottom of the steamer. Bring the water to a boil.
- Add the asparagus, cover, and steam until just tender, 2 to 6 minutes depending on thickness.
- Place the asparagus into a baking dish.
- Spread mayonnaise over the asparagus; sprinkle with bread crumbs and Parmesan cheese.
- Bake in the preheated oven until the crumbs and cheese are golden brown, about 20 minutes.

Nutrition Facts

 **PROTEIN 6.63%**  **FAT 80.96%**  **CARBS 12.41%**

Properties

Glycemic Index:13.67, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:11.524347999822%

Flavonoids

Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 339.5kcal (16.98%), Fat: 30.83g (47.42%), Saturated Fat: 5.8g (36.24%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 8.65g (3.15%), Sugar: 2.19g (2.43%), Cholesterol: 22.93mg (7.64%), Sodium: 450.28mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Vitamin K: 92.79µg (88.37%), Vitamin E: 2.12mg (14.14%), Vitamin B1: 0.2mg (13.35%), Vitamin A: 663.35IU (13.27%), Folate: 51µg (12.75%), Iron: 2.16mg (11.98%), Phosphorus: 114.52mg (11.45%), Calcium: 111.12mg (11.11%), Selenium: 7.77µg (11.1%), Manganese: 0.21mg (10.55%), Vitamin B2: 0.18mg (10.46%), Copper: 0.18mg (8.76%), Fiber: 1.98g (7.92%), Vitamin B3: 1.34mg (6.69%), Zinc: 0.95mg (6.35%), Potassium: 191.94mg (5.48%), Vitamin C: 4.2mg (5.09%), Vitamin B6: 0.09mg (4.44%), Magnesium: 17.66mg (4.41%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.19µg (3.15%)