

# Asparagus Wrap

 Vegetarian

READY IN



265 min.

SERVINGS



10

CALORIES



335 kcal

SIDE DISH

## Ingredients

- 10 ounce cut asparagus frozen
- 4 ounces cheese blue crumbled
- 0.5 cup butter melted
- 8 ounce cream cheese softened
- 1 eggs
- 1 pound bread white trimmed

## Equipment

- bowl

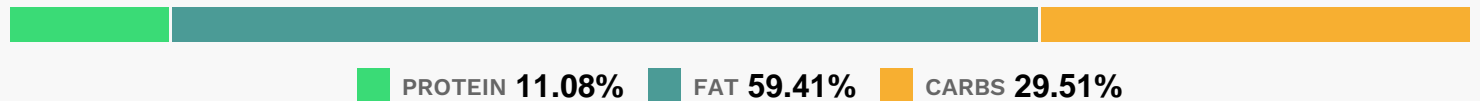
baking sheet

oven

## Directions

- In a medium bowl, mix the blue cheese, cream cheese and egg. Flatten each bread slice, and spread with blue cheese mixture.
- Place one piece of asparagus on each bread slice.
- Roll the slices.
- Place rolled slices in freezer bags, and freeze at least 4 hours, or until frozen.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove rolls from freezer.
- Brush with butter.
- Place rolls on a large baking sheet.
- Bake in the preheated oven 10 minutes, or until bread is lightly browned and cheese is melted.
- Cut into bite-sized pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.08, Glycemic Load:16.48, Inflammation Score:-6, Nutrition Score:10.352608693683%

## Flavonoids

Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

## Nutrients (% of daily need)

Calories: 335.22kcal (16.76%), Fat: 22.34g (34.37%), Saturated Fat: 13.06g (81.61%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 23.33g (8.49%), Sugar: 3.89g (4.32%), Cholesterol: 72.18mg (24.06%), Sodium: 497.78mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Selenium: 16.23µg (23.19%), Calcium: 189.57mg (18.96%), Vitamin B1: 0.28mg (18.76%), Folate: 73.62µg (18.41%), Vitamin A: 913.28IU (18.27%), Manganese: 0.32mg (15.9%), Vitamin B2: 0.27mg (15.78%), Phosphorus: 145.59mg (14.56%), Vitamin B3: 2.58mg (12.9%), Vitamin

K: 13.44µg (12.8%), Iron: 2.27mg (12.61%), Vitamin B5: 0.73mg (7.26%), Zinc: 1.03mg (6.9%), Fiber: 1.64g (6.55%),  
Vitamin E: 0.95mg (6.35%), Copper: 0.12mg (6.08%), Magnesium: 21.62mg (5.41%), Vitamin B6: 0.11mg (5.34%),  
Potassium: 178.1mg (5.09%), Vitamin B12: 0.25µg (4.11%), Vitamin C: 1.59mg (1.92%)