



Bistro Asparagus Twists



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 asparagus spears ends trimmed
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon mustard hot prepared
- ☐ 1 sheet puff pastry frozen thawed
- ☐ 2 tablespoons veganaise
- ☐ 2 tablespoons vegan cream sour

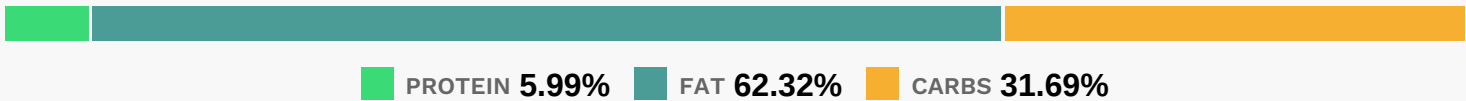
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ In a small bowl, combine all the sauce ingredients and mix until blended. Refrigerate until ready to serve.For the Twists, preheat the oven to 400°F.Steam the asparagus over a pot of boiling water for 5 minutes.
- ☐ Transfer immediately to a bowl of cold water to stop the cooking process. Pat dry.Unroll the pastry sheet on a lightly floured work surface.
- ☐ Cut and remove one third of the pastry for another use. You should have a 6 X 9-inch rectangle remaining.
- ☐ Spread the mustard evenly over the puff pastry.
- ☐ Cut into 16 strips about 1/2-inch wide across the short side of the pastry.Using one strip of pastry and one stalk of asparagus, beginning at the stem end, wrap the pastry diagonally around the asparagus, leaving space between the pastry.Arrange on the baking sheet and repeat, placing them about 1-inch apart, until the asparagus and pastry are used up.
- ☐ Bake 18 to 20 minutes, or until golden.
- ☐ Serve hot with the dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:2.6934782629428%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 105.19kcal (5.26%), Fat: 7.33g (11.28%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.78g (2.83%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 68.17mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin K: 9.14µg (8.7%), Selenium: 4.42µg (6.31%), Vitamin B1: 0.09mg (5.75%), Manganese: 0.11mg (5.36%), Folate: 20.52µg (5.13%), Iron: 0.75mg (4.18%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.07mg (3.93%), Copper: 0.05mg (2.46%), Fiber: 0.61g (2.45%), Vitamin A: 121.85IU (2.44%), Phosphorus: 18.88mg (1.89%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.32mg (1.6%), Magnesium: 5.24mg (1.31%), Potassium: 44.78mg (1.28%), Zinc: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.06%)