



Crispy Baked Asparagus Fries

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



360 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 2 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 0.8 cup panko breadcrumbs
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 servings salt and pepper to taste

Equipment

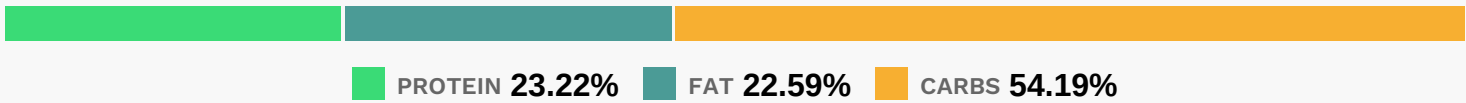
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

Directions

- ☐ Dredge the asparagus in the flour, dip in the egg and then into a mixture of the panko, parmesan, salt and pepper.
- ☐ Place the asparagus in a single layer on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 7–13 minutes.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:18.65, Inflammation Score:-9, Nutrition Score:30.908261029617%

Flavonoids

Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 359.9kcal (18%), Fat: 9.18g (14.13%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 49.56g (16.52%), Net Carbohydrates: 42.94g (15.62%), Sugar: 6.01g (6.67%), Cholesterol: 172.18mg (57.39%), Sodium: 626.38mg (27.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Vitamin K: 96.27µg (91.69%), Folate: 220.75µg (55.19%), Selenium: 37.8µg (54%), Vitamin B1: 0.81mg (53.98%), Vitamin B2: 0.81mg (47.49%), Iron: 8.26mg (45.91%), Vitamin A: 2049.8IU (41%), Manganese: 0.79mg (39.68%), Phosphorus: 362.68mg (36.27%), Copper: 0.57mg (28.34%), Vitamin B3: 5.62mg (28.11%), Calcium: 273.05mg (27.31%), Fiber: 6.62g (26.48%), Vitamin E: 3.09mg (20.59%), Zinc: 2.68mg (17.88%), Potassium: 607.93mg (17.37%), Vitamin B6: 0.33mg (16.68%), Vitamin B5: 1.61mg (16.14%), Vitamin C: 12.7mg (15.39%), Magnesium: 59.09mg (14.77%), Vitamin B12: 0.62µg (10.34%), Vitamin D: 0.94µg (6.28%)