



Crunch Crazy Asparagus Spears

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

348 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus 20 spears
- ☐ 2 egg whites
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 tablespoon mayonnaise
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 cups panko breadcrumbs
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup parmesan grated

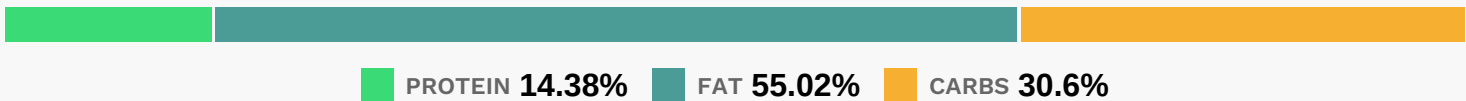
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Prepare the asparagus by trimming off the tough woody stem.
- ☐ Set up a breading station by whipping the egg whites and mayonnaise together (the mayonnaise helps the whites stick to the asparagus).
- ☐ Sprinkle with some salt and pepper.
- ☐ In a separate, dish add the panko, Parmesan, Italian seasoning and paprika.
- ☐ Sprinkle with salt and pepper and mix. Dip each asparagus spear in the egg wash and then coat evenly in the seasoned panko breadcrumbs.
- ☐ Place the spears on a wire rack over a baking sheet and lightly drizzle with some olive oil (this will help them crisp up).
- ☐ Bake until golden and crispy, 15 to 17 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:17.833043387403%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 348.27kcal (17.41%), Fat: 21.68g (33.36%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 23.02g (8.37%), Sugar: 4.29g (4.77%), Cholesterol: 9.97mg (3.32%), Sodium: 663.78mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.51%), Vitamin K: 67.01µg (63.82%), Vitamin B1: 0.46mg (30.71%), Vitamin E: 3.7mg (24.67%), Manganese: 0.49mg (24.63%), Iron: 4.37mg (24.26%), Vitamin A: 1211.96IU (24.24%), Calcium: 240.84mg (24.08%), Folate: 94.15µg (23.54%), Vitamin B2: 0.4mg (23.39%), Selenium: 16.12µg (23.02%), Phosphorus: 200.51mg (20.05%), Fiber: 4.12g (16.47%), Vitamin B3: 3.22mg (16.11%), Copper: 0.31mg (15.29%), Potassium: 342.39mg (9.78%), Zinc: 1.44mg (9.58%), Magnesium: 38.21mg (9.55%), Vitamin B6: 0.17mg (8.39%), Vitamin C: 6.37mg (7.72%), Vitamin B5: 0.58mg (5.85%), Vitamin B12: 0.27µg (4.55%)