



Dinner Tonight: Asparagus and Bacon on Buttered Toast

READY IN



15 min.

SERVINGS



4

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus
- 4 slices bacon
- 2 tablespoons butter divided
- 4 servings salt and pepper
- 8 slices sandwich bread white toasted

Equipment

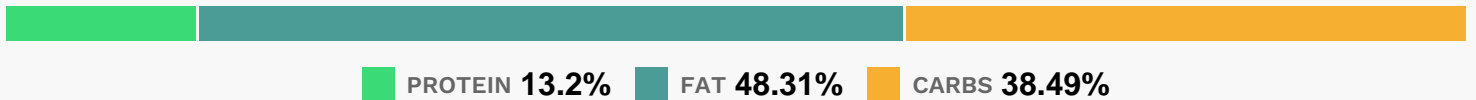
- frying pan

- paper towels
- plastic wrap
- microwave

Directions

- Place the bacon in a non-stick skillet set over medium heat. Cook, flipping occasionally, until bacon is crisp.
- Drain on paper towels.
- To prep the asparagus, hold a stalk of asparagus in your hands, and bend until the end snaps off. Repeat with remaining stalks, discarding the ends.
- Place prepped asparagus in a microwave safe container and cover with plastic wrap. Set in the microwave and cook for four minutes and fifteen seconds. Carefully remove plastic wrap, and check to see if asparagus is tender. If done, toss the asparagus with one tablespoon of butter, and season with salt and pepper
- Spread the remaining tablespoon of butter on each slice of toasted bread.
- Divide the asparagus sears evenly among four slices of the toasted bread. Top each with a slice of bacon broken in half, and cover with another piece of toast.
- Cut in half and serve.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:18.18, Inflammation Score:-8, Nutrition Score:15.749565210031%

Flavonoids

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: 299.61kcal (14.98%), Fat: 16.34g (25.14%), Saturated Fat: 6.98g (43.62%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 25.75g (9.37%), Sugar: 4.81g (5.34%), Cholesterol: 29.57mg (9.86%), Sodium: 625.21mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.09%), Vitamin K: 47.76µg (45.49%),

Vitamin B1: 0.48mg (31.78%), Folate: 114.68µg (28.67%), Selenium: 18.7µg (26.72%), Manganese: 0.48mg (23.9%), Iron: 4.2mg (23.33%), Vitamin B3: 4.38mg (21.88%), Vitamin A: 1040.86IU (20.82%), Vitamin B2: 0.3mg (17.65%), Phosphorus: 148.83mg (14.88%), Copper: 0.29mg (14.29%), Fiber: 3.53g (14.13%), Calcium: 135.62mg (13.56%), Vitamin E: 1.65mg (10.99%), Vitamin B6: 0.21mg (10.4%), Potassium: 332.84mg (9.51%), Zinc: 1.32mg (8.79%), Magnesium: 32.16mg (8.04%), Vitamin C: 6.35mg (7.7%), Vitamin B5: 0.71mg (7.09%), Vitamin B12: 0.12µg (2.03%)