



Fresh Asparagus Pie

READY IN



55 min.

SERVINGS



8

CALORIES



208 kcal

DESSERT

Ingredients

- 1 pound asparagus fresh chopped
- 0.3 cup butter
- 0.3 teaspoon cayenne pepper
- 0.3 cup flour all-purpose
- 0.3 cup gorgonzola cheese crumbled to taste
- 0.5 cup greek yogurt
- 0.5 teaspoon ground pepper black
- 0.3 cup milk
- 1 tablespoon parmesan cheese grated to taste

- 0.5 teaspoon salt
- 0.5 teaspoon shallots dried minced
- 0.5 cup vegetable broth
- 0.5 cup vegetable oil
- 1 teaspoon sugar white
- 1.5 cups flour whole wheat

Equipment

- oven
- whisk
- pot
- blender

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix whole wheat flour, vegetable oil, milk, sugar, and 1/2 teaspoon salt together using a fork in a 9-inch pie plate; press mixture into the shape of a pie crust.
- Combine asparagus, vegetable broth, and shallots in a pot; bring to a boil. Cook until asparagus is tender, 5 to 10 minutes.
- Pour mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree until smooth.
- Melt butter in the same pot over medium heat; slowly whisk flour into the melted butter until paste-like consistency.
- Mix 1/2 teaspoon salt, black pepper, and cayenne pepper into the flour paste; slowly whisk in yogurt.
- Add asparagus mixture to yogurt mixture; fold in 1/2 cup Parmesan cheese and Gorgonzola cheese until smooth.
- Pour mixture into pie crust; top with 1 tablespoon Parmesan cheese.
- Bake in the preheated oven until pie is set in the middle and crust is brown, 30 to 35 minutes.

Nutrition Facts

PROTEIN 13.23% FAT 44.1% CARBS 42.67%

Properties

Glycemic Index:53.89, Glycemic Load:3.1, Inflammation Score:-6, Nutrition Score:12.480000057946%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 207.57kcal (10.38%), Fat: 10.64g (16.37%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 19.42g (7.06%), Sugar: 2.61g (2.9%), Cholesterol: 19.98mg (6.66%), Sodium: 310.38mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Manganese: 1.05mg (52.58%), Vitamin K: 29.91µg (28.48%), Selenium: 18.73µg (26.76%), Phosphorus: 158.52mg (15.85%), Vitamin B1: 0.23mg (15.58%), Fiber: 3.76g (15.03%), Vitamin A: 711.12IU (14.22%), Iron: 2.25mg (12.49%), Folate: 49.06µg (12.26%), Vitamin B2: 0.2mg (11.82%), Magnesium: 43.42mg (10.86%), Copper: 0.21mg (10.55%), Vitamin B3: 1.98mg (9.91%), Vitamin B6: 0.17mg (8.32%), Vitamin E: 1.23mg (8.18%), Zinc: 1.15mg (7.65%), Calcium: 71.76mg (7.18%), Potassium: 244.72mg (6.99%), Vitamin B5: 0.45mg (4.51%), Vitamin C: 3.23mg (3.92%), Vitamin B12: 0.19µg (3.2%)