



## Fresh Asparagus with Anchovy-Butter Crostini

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus spears trimmed thin
- 8 inch bread baguette french
- 3 fillet anchovy canned drained finely chopped
- 2 tablespoons flat-leaf parsley fresh minced
- 2 teaspoons juice of lemon fresh
- 4 lemon wedges
- 0.1 teaspoon sea salt fine
- 2 tablespoons butter unsalted softened

## Equipment

- baking sheet
- paper towels
- oven

## Directions

- Preheat oven to 35
- Arrange bread in a single layer on a baking sheet.
- Bake at 350 for 6 minutes or until toasted.
- Combine butter, parsley, juice, and anchovies; spread about 1/2 teaspoon butter mixture evenly over each bread slice.
- Steam asparagus, covered, 3 minutes or until crisp-tender.
- Drain and rinse with cold water; drain. Pat asparagus dry with paper towels. Divide asparagus evenly among each of 4 salad plates; sprinkle evenly with salt. Arrange 4 crostini and 1 lemon wedge on each plate.

## Nutrition Facts

 PROTEIN 13.64%  FAT 52.07%  CARBS 34.29%

## Properties

Glycemic Index:42.5, Glycemic Load:3, Inflammation Score:-8, Nutrition Score:12.338695684205%

## Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg

## Nutrients (% of daily need)

Calories: 94.75kcal (4.74%), Fat: 6.09g (9.36%), Saturated Fat: 3.7g (23.09%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.9g (3.22%), Cholesterol: 15.69mg (5.23%), Sodium: 135.32mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin K: 80.59µg (76.75%), Vitamin A: 1205.11IU (24.1%), Vitamin C: 19.52mg (23.66%), Folate: 71.04µg (17.76%), Iron: 2.9mg (16.09%), Vitamin B1: 0.21mg (13.91%), Fiber: 3.07g (12.28%), Copper: 0.24mg (11.79%), Vitamin B2: 0.19mg (11.33%), Manganese: 0.22mg (10.8%), Vitamin E: 1.53mg (10.17%), Potassium: 279.28mg (7.98%), Vitamin B3: 1.55mg (7.76%), Phosphorus: 72.11mg (7.21%), Selenium: 4.72µg (6.74%), Vitamin B6: 0.13mg (6.39%), Magnesium: 20.75mg (5.19%), Zinc: 0.72mg (4.82%), Calcium: 40.91mg (4.09%), Vitamin B5: 0.39mg (3.88%)