



Grilled Asparagus Bruschetta

READY IN



30 min.

SERVINGS



10

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus ends trimmed
- 0.1 teaspoon pepper black freshly ground plus more for seasoning the asparagus
- 8 ounces bread crumbs italian
- 1 medium garlic clove
- 0.1 teaspoon kosher salt plus more for seasoning the asparagus
- 1 tablespoon olive oil
- 1 ounce pecorino cheese shaved
- 0.3 cup pinenuts toasted

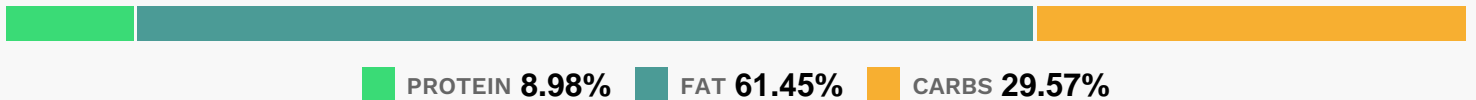
Equipment

- bowl
- baking sheet
- grill
- grill pan
- cutting board

Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.
- Place the asparagus on a baking sheet and drizzle with 1 tablespoon of the olive oil. Season generously with salt and pepper and toss to coat. With the grill still at medium heat, place the asparagus on it and cook, turning occasionally, until the spears are crisp-tender and grill marks have appeared, about 4 minutes.
- Remove the asparagus to a cutting board. When cool enough to handle, cut into 1-inch pieces and place in a medium bowl.
- Add the pine nuts, measured salt and pepper, and remaining 1 teaspoon oil. Toss until evenly combined. To serve, divide the asparagus mixture evenly among the bread pieces and top with the cheese slices.
- Cut the bruschetta into pieces if desired and serve.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:6.6917390965897%

Flavonoids

Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 189.77kcal (9.49%), Fat: 13.3g (20.47%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 12.48g (4.54%), Sugar: 8.05g (8.94%), Cholesterol: 2.95mg (0.98%), Sodium: 148.31mg (6.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.37g (8.75%), Manganese: 0.48mg (23.83%), Vitamin K: 22.25µg (21.19%), Folate: 39.62µg (9.9%), Iron: 1.73mg (9.63%), Vitamin B3: 1.67mg (8.33%), Phosphorus: 79.9mg (7.99%), Fiber: 1.93g (7.7%), Vitamin B1: 0.11mg (7.64%), Vitamin E: 1.14mg (7.61%), Copper: 0.15mg (7.36%), Vitamin A: 356.15IU (7.12%), Vitamin B2: 0.11mg (6.2%), Magnesium: 22.78mg (5.7%), Potassium: 171.7mg (4.91%), Zinc: 0.66mg (4.38%), Calcium: 42.46mg (4.25%), Vitamin C: 2.67mg (3.24%), Vitamin B6: 0.05mg (2.59%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.15mg (1.53%)