



Grilled Asparagus Tartines with Fresh Ricotta, Pesto and Scallions



Vegetarian



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.3 cup basil pesto
- ☐ 4 slices ciabatta bread
- ☐ 4 servings coarse salt and pepper
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 0.5 cup ricotta cheese
- ☐ 1 scallion chopped

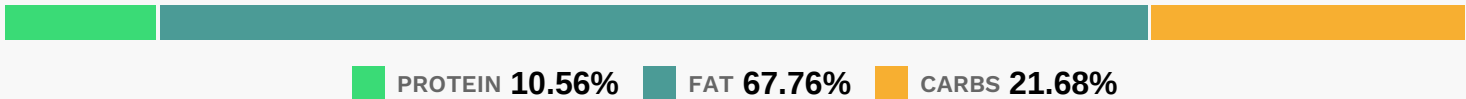
Equipment

- ☐ bowl
- ☐ grill
- ☐ panini press

Directions

- ☐ Heat the panini maker according to the manufacturer’s directions.Rinse the asparagus and break the ends off of each spear (if you hold onto each end and bend the spear it will naturally break in the right place). Discard the ends.In a large bowl, toss the asparagus in 2 teaspoons of the olive oil and season with salt and pepper. Grill the asparagus for about 3 minutes until they’re tender and grill marks appear.
- ☐ Drizzle another 2 teaspoons of the olive oil over the ciabatta slices and grill the bread until it’s toasted with grill marks, about 2 minutes.
- ☐ Spread about a tablespoon of pesto onto each slice of ciabatta. Spoon on a few tablespoons of ricotta and top it with grilled asparagus (you’ll have extra asparagus – you can save it to enjoy on its own, add it to a salad or pasta, or just make more tartines!) and a sprinkling of chopped scallions. Finish the tartines by drizzling the remaining 2 teaspoons of the olive oil over the top and grinding on a little black pepper.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:12.236956530291%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

Nutrients (% of daily need)

Calories: 311.04kcal (15.55%), Fat: 23.96g (36.86%), Saturated Fat: 8.42g (52.6%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 13.84g (5.03%), Sugar: 8.96g (9.96%), Cholesterol: 17.05mg (5.68%), Sodium: 441.84mg

(19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Vitamin K: 57.94µg (55.18%), Vitamin A: 1337.63IU (26.75%), Folate: 77.21µg (19.3%), Iron: 3.14mg (17.44%), Vitamin E: 2.34mg (15.6%), Vitamin B2: 0.24mg (14.16%), Fiber: 3.41g (13.63%), Vitamin B1: 0.2mg (13.06%), Calcium: 118.69mg (11.87%), Phosphorus: 116.46mg (11.65%), Copper: 0.22mg (11.17%), Vitamin B3: 2.06mg (10.29%), Selenium: 7.12µg (10.17%), Manganese: 0.19mg (9.32%), Potassium: 313.4mg (8.95%), Vitamin C: 6.91mg (8.38%), Zinc: 1.02mg (6.83%), Vitamin B6: 0.12mg (5.92%), Magnesium: 23.29mg (5.82%), Vitamin B5: 0.38mg (3.79%), Vitamin B12: 0.11µg (1.76%)