



## Light Asparagus Strudel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

### Ingredients

- 1 pound asparagus spears fresh
- 0.5 teaspoon dillweed dried whole
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon ground pepper white
- 0.1 teaspoon hot sauce
- 1 teaspoon juice of lemon
- 8 sheets commercial phyllo pastry frozen thawed
- 0.3 teaspoon salt

- 2 tablespoons shallots minced
- 1 cup evaporated skimmed milk

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- knife
- peeler

## Directions

- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired.
- Cut stalks in half; arrange in a vegetable steamer over boiling water. Cover and steam 5 minutes.
- Place asparagus in ice water; set aside.
- Coat a small nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add shallots; saute until tender. Set aside.
- Combine flour and milk in a saucepan; stir until smooth. Cook over medium heat, stirring constantly, until mixture is thickened.
- Remove from heat; stir in shallots, lemon juice, and next 5 ingredients.
- Place 1 sheet of phyllo on a damp towel (keep remaining phyllo covered). Coat with cooking spray.
- Layer second sheet of phyllo on first sheet; coat with cooking spray.
- Cut stack in half lengthwise, making 2 rectangles.
- Drain asparagus.
- Place one-eighth of asparagus at short end of each rectangle; spoon one-eighth of sauce mixture over asparagus on each rectangle. Fold ends of rectangles over asparagus; roll up jellyroll fashion. Repeat with remaining phyllo, asparagus, and sauce mixture. Coat phyllo

packets with cooking spray; place on a baking sheet coated with cooking spray.

Bake at 350 for 30 minutes.

## Nutrition Facts

**PROTEIN 17.24%** **FAT 12.45%** **CARBS 70.31%**

### Properties

Glycemic Index:34.78, Glycemic Load:6.15, Inflammation Score:-5, Nutrition Score:7.6560869942541%

### Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 91.42kcal (4.57%), Fat: 1.29g (1.99%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 14.66g (5.33%), Sugar: 2.89g (3.21%), Cholesterol: 0.92mg (0.31%), Sodium: 180.29mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin K: 24.09µg (22.94%), Vitamin B1: 0.23mg (15.02%), Folate: 53µg (13.25%), Vitamin B2: 0.2mg (11.75%), Iron: 2.03mg (11.26%), Manganese: 0.21mg (10.73%), Selenium: 7.33µg (10.47%), Vitamin A: 495.08IU (9.9%), Phosphorus: 81.68mg (8.17%), Vitamin B3: 1.54mg (7.7%), Fiber: 1.75g (6.99%), Copper: 0.13mg (6.75%), Calcium: 58.95mg (5.9%), Potassium: 194.18mg (5.55%), Vitamin C: 3.71mg (4.5%), Vitamin E: 0.66mg (4.4%), Vitamin B6: 0.09mg (4.33%), Magnesium: 16.1mg (4.03%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.34µg (2.25%)