



Roasted Asparagus and Gouda Canapés

 Vegetarian

READY IN



38 min.

SERVINGS



30

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 8 ounces gouda cheese
- ☐ 1 tablespoon honey
- ☐ 30 slices pumpernickel bread
- ☐ 0.3 cup onion red finely chopped
- ☐ 1 tablespoon vegetable oil

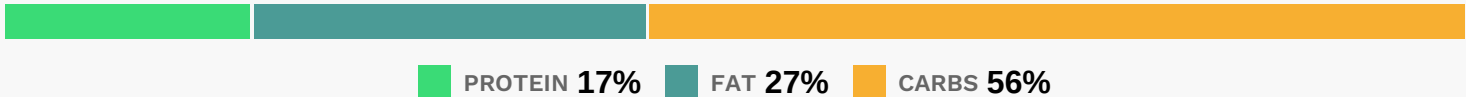
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425F.
- ☐ Place bread slices in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake 3 to 5 minutes or until crisp.
- ☐ Remove from pan.
- ☐ Spray same pan with cooking spray. Toss asparagus with oil; place in pan.
- ☐ Bake 6 to 8 minutes or until crisp-tender.
- ☐ Mix mustard and honey; spread over each bread slice.
- ☐ Cut asparagus into pieces to fit bread; place 2 or 3 pieces on each slice. Top with onion, cheese and dill weed.
- ☐ Place in pan.
- ☐ Bake about 5 minutes or until hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:7.81, Inflammation Score:-3, Nutrition Score:6.4239130071972%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 117.53kcal (5.88%), Fat: 3.59g (5.52%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 14.25g (5.18%), Sugar: 1.27g (1.42%), Cholesterol: 8.62mg (2.87%), Sodium: 269.54mg (11.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Manganese: 0.45mg (22.56%), Selenium: 9.81µg (14.01%), Phosphorus: 108.15mg (10.82%), Fiber: 2.49g (9.95%), Folate: 39.62µg (9.91%), Vitamin B1: 0.13mg (8.8%), Vitamin B2: 0.15mg (8.58%), Calcium: 79.66mg (7.97%), Vitamin K: 7.58µg (7.22%), Iron: 1.29mg (7.18%), Copper: 0.13mg (6.25%), Zinc: 0.86mg (5.76%), Vitamin B3: 1.15mg (5.76%), Magnesium: 22.47mg (5.62%), Vitamin A: 160.02IU (3.2%), Potassium: 111.01mg (3.17%), Vitamin B6: 0.06mg (3.15%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 0.98mg (1.18%)