



# Roasted Portobellos and Asparagus with Goat Cheese Sauce

 Vegetarian  Popular

READY IN



40 min.

SERVINGS



2

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb asparagus
- 2 small sheets baking mix
- 0.5 tbsp butter
- 1 Dash ground pepper
- 3 tbsp olive oil extra virgin
- 1.5 tbsp parsley fresh chopped
- 0.3 tsp garlic crushed

- 3 oz goat cheese
- 0.5 cup milk
- 1.5 tbsp pinenuts
- 4 portabello mushrooms
- 0.5 tbsp potato flour
- 2 servings salt and pepper

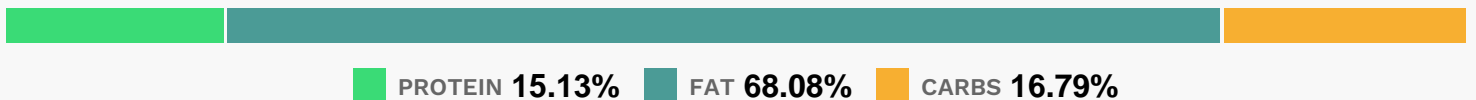
## Equipment

- baking sheet
- sauce pan
- aluminum foil

## Directions

- Save Recipe
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- Roasted Portobellos and Asparagus with Goat Cheese Sauce
- Ingredients1 bunch asparagus (about 1 lb.) – thicker, larger stalks work best4 portobello mushroom caps3 tbsp extra virgin olive oil1/2 tbsp butter1/2 tbsp cornstarch or potato starch1/2 cup lowfat milk1/4 tsp crushed garlic3 oz goat cheese
- Dash of cayenne1 1/2 tbsp pine nuts1 1/2 tbsp fresh chopped flat leaf parsley
- Salt and pepper
- You will also need2 baking sheets, foil (optional), small saucepan
- Total Time: 30 – 40 Minutes
- Servings: 2 entrees or 4 sides
- Kosher Key: Dairy

## Nutrition Facts



## Properties

Glycemic Index:88, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:38.069999860681%

## Flavonoids

Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg

## Nutrients (% of daily need)

Calories: 494.65kcal (24.73%), Fat: 39.59g (60.9%), Saturated Fat: 11.86g (74.14%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 14.49g (5.27%), Sugar: 12.26g (13.62%), Cholesterol: 30.16mg (10.05%), Sodium: 431.87mg (18.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.59%), Vitamin K: 158.96µg (151.39%), Copper: 1.33mg (66.56%), Manganese: 1.2mg (60.01%), Selenium: 39.14µg (55.91%), Vitamin B3: 10.51mg (52.54%), Phosphorus: 524.53mg (52.45%), Vitamin A: 2621.34IU (52.43%), Vitamin B2: 0.81mg (47.63%), Folate: 180.06µg (45.01%), Vitamin E: 6.53mg (43.56%), Iron: 6.96mg (38.66%), Potassium: 1260.24mg (36.01%), Vitamin B1: 0.53mg (35.2%), Vitamin B6: 0.63mg (31.41%), Vitamin B5: 3.1mg (30.98%), Fiber: 7.48g (29.91%), Zinc: 3.3mg (22%), Calcium: 203.46mg (20.35%), Vitamin C: 16.78mg (20.34%), Magnesium: 67.67mg (16.92%), Vitamin B12: 0.53µg (8.91%), Vitamin D: 1.32µg (8.82%)