



Springtime Asparagus and Parmesan Sandwich

READY IN



16 min.

SERVINGS



6

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch asparagus spears trimmed cut in half
- ☐ 12 bibb lettuce leaves
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 0.3 cup butter
- ☐ 12 slices bread french
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup parmesan cheese shaved
- ☐ 0.3 cup water

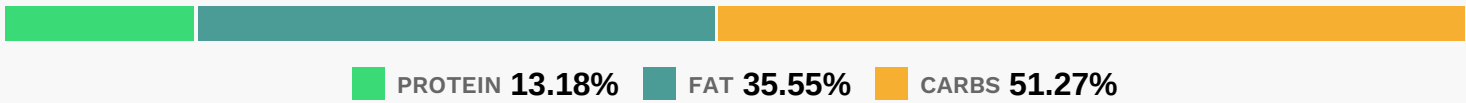
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Place the asparagus and 1/3 cup water in a microwave-safe bowl. Cook in the microwave on High 1 minute, or just until tender. Rinse under cold water, and blot dry with paper towels.
- ☐ Spread 1 side of 6 bread slices with 1/4 teaspoon butter and about 1 tablespoon mayonnaise each.
- ☐ Layer with asparagus, and sprinkle with Parmesan cheese.
- ☐ Place lettuce over the asparagus, season with pepper, and top with remaining 6 bread slices to form 6 sandwiches. Slice on a diagonal; this is a sandwich that exudes spring !

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:51.74, Inflammation Score:-9, Nutrition Score:26.54739124749%

Flavonoids

Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 541.53kcal (27.08%), Fat: 21.67g (33.34%), Saturated Fat: 7.95g (49.67%), Carbohydrates: 70.33g (23.44%), Net Carbohydrates: 65.58g (23.85%), Sugar: 7.73g (8.59%), Cholesterol: 29.34mg (9.78%), Sodium: 1003.08mg (43.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.15%), Vitamin K: 83.99µg (79.99%), Vitamin B1: 1.04mg (69.14%), Selenium: 40.15µg (57.36%), Folate: 219.65µg (54.91%), Manganese: 0.86mg (42.88%), Vitamin B2: 0.7mg (40.89%), Iron: 7.07mg (39.25%), Vitamin A: 1848.99IU (36.98%), Vitamin B3: 7.03mg (35.15%), Phosphorus: 226.9mg (22.69%), Fiber: 4.75g (18.99%), Copper: 0.35mg (17.43%), Calcium: 164.94mg (16.49%), Magnesium: 58.42mg (14.61%), Zinc: 1.98mg (13.19%), Vitamin E: 1.81mg (12.07%), Vitamin B6: 0.24mg (11.82%), Potassium: 383.86mg (10.97%), Vitamin B5: 0.74mg (7.36%), Vitamin C: 5.31mg (6.44%), Vitamin B12: 0.1µg

(1.63%)