



## Springtime Asparagus & Cheese Snacks

 Vegetarian

READY IN



15 min.

SERVINGS



20

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 40 asparagus spear tips fresh chilled
- 8 oz cracker barrel extra sharp cheddar cheese cut into 20 slices
- 3 Tbsp grey poupon savory honey mustard
- 2 roasted peppers red peeled cut into 10 thin strips
- 20 slices cocktail rye bread toasted

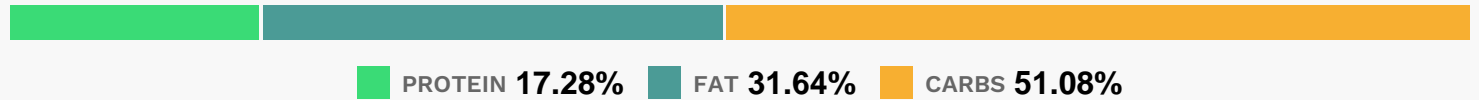
### Equipment

- baking sheet
- broiler

## Directions

- Heat broiler.
- Spread toast slices with mustard; top with cheese and asparagus.
- Place on baking sheet.
- Broil, 6 inches from heat, 1 to 2 min. or until cheese is melted. Top with pepper strips.

## Nutrition Facts



## Properties

Glycemic Index:5.57, Glycemic Load:7.37, Inflammation Score:-5, Nutrition Score:7.947391383026%

## Flavonoids

Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 140.71kcal (7.04%), Fat: 4.96g (7.63%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 15.45g (5.62%), Sugar: 2.32g (2.58%), Cholesterol: 11.34mg (3.78%), Sodium: 329.67mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Selenium: 13.84µg (19.78%), Manganese: 0.32mg (16.06%), Folate: 54.81µg (13.7%), Vitamin K: 13.97µg (13.3%), Vitamin B1: 0.19mg (12.59%), Vitamin B2: 0.2mg (11.97%), Calcium: 112.73mg (11.27%), Phosphorus: 109.32mg (10.93%), Fiber: 2.57g (10.29%), Iron: 1.64mg (9.1%), Vitamin B3: 1.56mg (7.78%), Vitamin A: 377.02IU (7.54%), Copper: 0.13mg (6.43%), Zinc: 0.96mg (6.4%), Magnesium: 20.75mg (5.19%), Vitamin C: 3.64mg (4.41%), Potassium: 131.89mg (3.77%), Vitamin E: 0.55mg (3.68%), Vitamin B6: 0.07mg (3.38%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.12µg (2%)