



Truffled Asparagus Crostini

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus spears trimmed
- 0.1 teaspoon pepper black freshly ground
- 1 inch bread baguette french
- 2.5 teaspoons olive oil extravirgin
- 2 ounces manchego cheese grated
- 0.3 teaspoon salt

Equipment

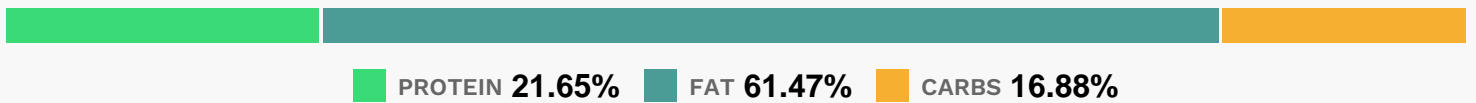
- bowl

- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat broiler.
- Arrange baguette slices in a single layer on a large baking sheet; broil 1 minute or until lightly browned.
- Remove from oven; turn over and broil 1 minute or until lightly browned.
- Remove from oven; cool on pan.
- Fill a large skillet with water to a depth of 1 inch; bring to a boil over medium-high heat.
- Add asparagus; cook 2 minutes or until crisp-tender.
- Drain and plunge asparagus into ice water; drain. Chop asparagus to measure 2 cups.
- Place chopped asparagus in a bowl.
- Add oil, salt, and pepper; toss well to coat.
- Top each bread slice with 1 rounded tablespoon asparagus mixture; place on a baking sheet.
- Sprinkle cheese evenly over crostini. Broil 1 minute or until cheese melts and begins to melt.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:6.3739130393319%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 71.65kcal (3.58%), Fat: 5.14g (7.91%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.44g (1.6%), Cholesterol: 10.11mg (3.37%), Sodium: 158.36mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin K: 32.52µg (30.97%), Vitamin A: 623.73IU (12.47%), Calcium: 119.74mg (11.97%), Folate: 39.84µg (9.96%), Iron: 1.65mg (9.16%), Vitamin B1: 0.11mg (7.41%), Vitamin E: 1.1mg (7.3%), Copper: 0.14mg (7.21%), Fiber: 1.61g (6.43%), Vitamin B2: 0.11mg (6.38%), Manganese: 0.13mg (6.36%), Vitamin C: 4.23mg (5.13%), Potassium: 153.8mg (4.39%), Phosphorus: 39.82mg (3.98%), Vitamin B3: 0.76mg (3.8%), Vitamin B6: 0.07mg (3.47%), Zinc: 0.41mg (2.76%), Magnesium: 10.79mg (2.7%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.21mg (2.09%)