

# Asparagus Spears

*The Essential Appetizers Cookbook (1999)*  
Whitecap Books

## Yield: 16 spears

1 sheet frozen puff pastry, thawed  
1 egg, beaten  
16 spears fresh asparagus, stems removed and blanched

## Bake: 12 minutes

Preheat the oven to 415 degrees.

Lay one sheet of puff pastry on a work surface. Brush lightly with beaten egg. Cut the strip into 5/8-inch strips (you will need sixteen).

Secure the strip to one end of a blanched fresh asparagus spear. Wrap around and down the asparagus. Brush the end of the pastry with egg and secure to the other end of the asparagus. Place on a lightly greased baking tray.

Bake for 10 to 15 minutes or until puffed and golden.

*Can be made up to three days in advance and stored in an airtight container. Crisp in the oven if they soften.*

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Per Serving (excluding unknown items): 567 Calories; 9g Fat (11.9% calories from fat); 55g Protein; 98g Carbohydrate; 45g Dietary Fiber; 212mg Cholesterol; 113mg Sodium. Exchanges: 1 Lean Meat; 19 Vegetable; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	567	Vitamin B6 (mg):	2.8mg
% Calories from Fat:	11.9%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	2.9mg
% Calories from Protein:	31.8%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	9g	Folacin (mcg):	2768mcg
Saturated Fat (g):	3g	Niacin (mg):	25mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	212mg	% Refuse:	0 0%

Carbohydrate (g): 98g  
 Dietary Fiber (g): 45g  
 Protein (g): 55g  
 Sodium (mg): 113mg  
 Potassium (mg): 5920mg  
 Calcium (mg): 476mg  
 Iron (mg): 19mg  
 Zinc (mg): 10mg  
 Vitamin C (mg): 283mg  
 Vitamin A (i.u.): 12744IU  
 Vitamin A (r.e.): 1313 1/2RE

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 1  
 Vegetable: 19  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1/2  
 Other Carbohydrates: 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 567 Calories from Fat: 67

### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	3g	13%
<b>Cholesterol</b>	212mg	71%
<b>Sodium</b>	113mg	5%
<b>Total Carbohydrates</b>	98g	33%
Dietary Fiber	45g	180%
<b>Protein</b>	55g	
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<b>Vitamin A</b>		255%
<b>Vitamin C</b>		471%
<b>Calcium</b>		48%
<b>Iron</b>		108%

\* Percent Daily Values are based on a 2000 calorie diet.