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Asparagus with Brie ♦♦

Asparagus with Brie is a delicious and elegant dish that combines the earthy flavor of asparagus with the creamy richness of Brie cheese. It is a perfect appetizer or side dish for any occasion. The asparagus is lightly steamed to retain its crispness and vibrant green color, while the Brie cheese adds a creamy and indulgent touch. This recipe is quick and easy to prepare, making it a great choice for busy weeknights or special occasions.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	asparagus
200 g	brie cheese
2 tbsp	olive oil

1 tsp salt

1 tsp black pepper

Directions

Step 1

Preparation

Wash the asparagus and trim the tough ends.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steaming

Steam the asparagus for 5 minutes until crisp-tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sautéing

Add the steamed asparagus to the pan and sauté for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Transfer the asparagus to a serving dish.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Slice the Brie cheese and arrange it on top of the asparagus.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
Mediterranean Greek Spanish German Korean Vietnamese American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker
Pressure Cooker Air Fryer Food Processor

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Volumetrics Diet | Paleo Diet | The Whole30 Diet | Atkins Diet | Ketogenic Diet
Low Carb, High Fat (LCHF) Diet | South Beach Diet | Zone Diet | Ornish Diet
Nutrisystem Diet | TLC Diet (Therapeutic Lifestyle Changes) | Nordic Diet
Okinawa Diet | Alkaline Diet | Macrobiotic Diet | Intermittent Fasting | 5:2 Diet
16:8 Diet | Warrior Diet | OMAD (One Meal a Day) Diet | Body for Life Diet
Low FODMAP Diet | Slow Carb Diet | Vegetarian Diet | Vegan Diet
Raw Food Diet | Pescatarian Diet | Ovo-Vegetarian Diet | Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet | Fruitarian Diet | Engine 2 Diet | Blood Type Diet
Ayurvedic Diet | Traditional Chinese Medicine (TCM) Diet | Anti-Inflammatory Diet
The Acid Reflux Diet | Gluten-Free Diet | Low Glycemic Index Diet
Low Sodium Diet | The Fast Metabolism Diet | Nutrient Timing Diet
The 80/10/10 Diet | The Gerson Therapy | The Swiss Secret Diet
The Scarsdale Diet | The Cabbage Soup Diet | The Hallelujah Diet
The Mayo Clinic Diet | The Beverly Hills Diet | The Hollywood Diet
The Lemonade Diet | The Grapefruit Diet | The Rice Diet
The Sleeping Beauty Diet | The Baby Food Diet | The 3-Hour Diet
The French Women Don't Get Fat Diet | The Cookie Diet | The F-Plan Diet
The Israeli Army Diet | The Air Diet | The Breatharian Diet | The Werewolf Diet
The Five-Bite Diet | The Negative Calorie Diet | The Ice Cream Diet
The Master Cleanse Diet | The Subway Diet | The SlimFast Diet
The Cambridge Diet | The Shangri-La Diet | The Best Life Diet | The 3-Day Diet
The CICO (Calories In, Calories Out) Diet | The Eat-Clean Diet
The Peanut Butter Diet | The Bulletproof Diet | The Carnivore Diet
The Dukan Diet | The HCG Diet | The Optavia Diet | The Pritikin Diet
The Starch Solution Diet | The Vertical Diet | The GOLO Diet
The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) | The Anti-Candida Diet | The Dr. Sebi Diet

The Crohn's Disease Diet

The Ulcerative Colitis Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Low Oxalate Diet

The Diabetes Diet

The Hypothyroidism Diet

The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet

The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet

The Arthritis Diet

The Osteoporosis Diet

The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet

The High-Fiber Diet

The Low-Fat Diet

The High-Protein Diet

The Low-Protein Diet

The High-Calcium Diet

The High-Potassium Diet

The Low-Potassium Diet

The High-Iron Diet

The Low-Iron Diet

The Low-Phosphorus Diet

The High-Vitamin D Diet

The High-Vitamin C Diet

The High-Vitamin K Diet

The Low-Vitamin K Diet

The Low-Copper Diet

The Spring Detox Diet

The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet

The Winter Warming Diet

The Low-Sulfur Diet

The High-Sulfur Diet

The Eczema Diet

The Psoriasis Diet

The Rosacea Diet

The Acne Diet

The Migraine Diet

The Celiac Disease Diet

The Gallbladder Diet

The Kidney Stone Diet

The Anti-Anxiety Diet

The Depression Diet

The Adrenal Fatigue Diet

The Endometriosis Diet

The Hashimoto's Disease Diet

The Lyme Disease Diet

The Diverticulitis Diet

The Restless Leg Syndrome Diet

The Tinnitus Diet

The Interstitial Cystitis Diet

The Gastroparesis Diet

The Menopause Diet

The Post-Pregnancy Diet

The Fertility Diet

The Breastfeeding Diet

The Low-Nickel Diet

The Chronic Urticaria Diet

The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet
The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet
The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet
The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Lunch

Supper

Difficulty Level

Medium

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