



# ASPARAGUS SHEETS

 Low protein diet

 Appetizer

 HSJDBCN



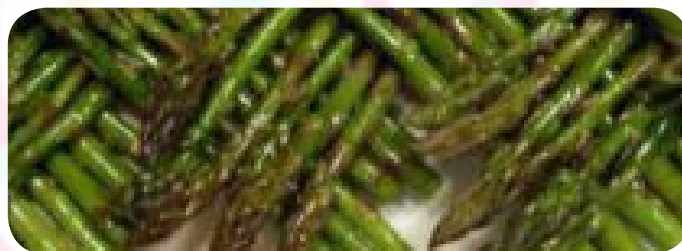
## INGREDIENTS

### RECIPE FOR 4 PEOPLE

- 400g canned wild asparagus
- 80g mayonnaise
- 80g special crepes (see recipe)

## METHOD

- Spread mayonnaise on the crepes.
- Put 3 asparagus in the centre, alternating the direction in which you lay them (top, tail, top).
- Bring the two ends of the crepes together and fasten them with a toothpick.
- Put them into the oven with a grill pre-heated to the maximum temperature for 5-10 minutes, until they turn golden.
- Take out the toothpicks and cut each sheet in half to get two canapés.
- Serve and eat hot.



## NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 2g (Kcal 5.8%)
- Lipids total (g): 8.1g (Kcal 52 %)
- Carbohydrates (g) 14.9 g (Kcal 43 %)
- Energy (Kcal): 138
- Polyunsaturates (g): 3.7
- Tryptophane (mg): 16.6
- Leucine (mg): 99
- Lysine (mg) 87
- Methionine (mg): 25
- Phenylalanine (mg): 56
- Tyrosine (mg): 40



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