



 **56%**
HEALTH SCORE

Almond Asparagus

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh
- 2 tablespoons butter
- 1 tablespoon juice of lemon
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.8 cup slivered almonds toasted

Equipment

- frying pan

Directions

- Snap off tough ends of asparagus. Cook asparagus in boiling water to cover 3 minutes or until crisp-tender; drain.
- Plunge asparagus into ice water to stop the cooking process; drain.
- Melt butter in a large skillet over medium heat; add asparagus, and saut 3 to 5 minutes. Toss asparagus with lemon juice and remaining ingredients.

Nutrition Facts

PROTEIN 15.88% **FAT 61.11%** **CARBS 23.01%**

Properties

Glycemic Index:18.5, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:23.936956576355%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 13.46mg, Isorhamnetin: 13.46mg, Isorhamnetin: 13.46mg, Isorhamnetin: 13.46mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg

Nutrients (% of daily need)

Calories: 214.08kcal (10.7%), Fat: 16.02g (24.65%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 6.24g (2.27%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 361.5mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.74%), Vitamin K: 94.55µg (90.05%), Vitamin E: 7.97mg (53.14%), Manganese: 0.84mg (41.91%), Vitamin A: 1966.08IU (39.32%), Vitamin B2: 0.55mg (32.59%), Copper: 0.64mg (31.99%), Folate: 127.69µg (31.92%), Iron: 5.62mg (31.24%), Fiber: 7.34g (29.35%), Vitamin B1: 0.37mg (24.5%), Magnesium: 87.08mg (21.77%), Phosphorus: 217.44mg (21.74%), Potassium: 615.08mg (17.57%), Vitamin C: 14.17mg (17.17%), Vitamin B3: 2.96mg (14.79%), Zinc: 1.86mg (12.4%), Vitamin B6: 0.24mg (11.84%), Calcium: 111.96mg (11.2%), Selenium: 6.06µg (8.65%), Vitamin B5: 0.73mg (7.29%)