



Apricot-Ginger Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



96 kcal

SIDE DISH

Ingredients

- 0.3 cup apricot preserves
- 0.5 pound asparagus fresh trimmed
- 0.1 teaspoon ginger fresh minced
- 0.1 teaspoon ground cinnamon
- 1 tablespoon red wine vinegar

Equipment

- frying pan
- steamer basket

Directions

- In a large skillet, bring 1 in. of water to a boil; place asparagus in a steamer basket over water. Cover and steam for 5 minutes or until crisp-tender; drain and keep warm.
- In a small skillet over medium heat, bring the preserves, vinegar, cinnamon and ginger to a boil. Reduce heat; simmer, uncovered, for 2-4 minutes or until glaze begins to thicken.
- Pour over asparagus.

Nutrition Facts

 **PROTEIN 10.14%**  **FAT 1.66%**  **CARBS 88.2%**

Properties

Glycemic Index:26, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:9.1556521602299%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

Nutrients (% of daily need)

Calories: 96.08kcal (4.8%), Fat: 0.2g (0.3%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 21.05g (7.65%), Sugar: 14.97g (16.64%), Cholesterol: 0mg (0%), Sodium: 14.73mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin K: 47.21µg (44.96%), Vitamin A: 918.28IU (18.37%), Folate: 59.28µg (14.82%), Iron: 2.62mg (14.54%), Copper: 0.25mg (12.27%), Vitamin C: 9mg (10.91%), Manganese: 0.22mg (10.83%), Vitamin B1: 0.16mg (10.81%), Fiber: 2.54g (10.16%), Vitamin B2: 0.17mg (9.79%), Vitamin E: 1.32mg (8.82%), Potassium: 255.82mg (7.31%), Phosphorus: 60.58mg (6.06%), Vitamin B3: 1.12mg (5.61%), Vitamin B6: 0.11mg (5.48%), Selenium: 3.2µg (4.58%), Magnesium: 17.49mg (4.37%), Zinc: 0.64mg (4.23%), Calcium: 34.85mg (3.49%), Vitamin B5: 0.32mg (3.17%)