



Asian Marinated Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- 2 tablespoons agave nectar
- 2 pounds asparagus fresh trimmed
- 1 pinch cayenne pepper to taste
- 1 tablespoon ginger fresh grated
- 2 cloves garlic minced
- 6 servings ice cubes
- 0.3 cup rice vinegar
- 1 teaspoon sesame oil

- 1 tablespoon sesame seed toasted
- 0.3 cup soya sauce
- 2 tablespoons vegetable oil

Equipment

- bowl
- whisk
- pot
- baking pan

Directions

- Fill a large bowl with with cold water; add ice.
- Bring a pot of water to a boil; cook asparagus in boiling water until bright green, 1 to 2 minutes.
- Drain asparagus and plunge into ice water to stop cooking.
- Drain and transfer asparagus to a baking dish.
- Whisk soy sauce, rice vinegar, vegetable oil, agave nectar, garlic, ginger, sesame oil, and cayenne pepper in a large bowl; pour marinade over asparagus, adding water if necessary to submerge asparagus. Cover baking dish and refrigerate for 2 hours or overnight.
- Drain marinade and sprinkle sesame seeds over asparagus before serving.

Nutrition Facts



PROTEIN 15.88% **FAT 43.54%** **CARBS 40.58%**

Properties

Glycemic Index:37.33, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:13.735217343206%

Flavonoids

Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg

Nutrients (% of daily need)

Calories: 118.31kcal (5.92%), Fat: 6.1g (9.39%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 9.3g (3.38%), Sugar: 7.86g (8.74%), Cholesterol: 0mg (0%), Sodium: 726.83mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 72.93µg (69.46%), Vitamin A: 1150.2IU (23%), Folate: 84.51µg (21.13%), Iron: 3.77mg (20.96%), Copper: 0.37mg (18.69%), Manganese: 0.36mg (18.19%), Vitamin B1: 0.25mg (16.35%), Vitamin B2: 0.25mg (14.66%), Vitamin E: 2.17mg (14.46%), Fiber: 3.5g (13.99%), Vitamin C: 10.04mg (12.17%), Phosphorus: 106.38mg (10.64%), Vitamin B3: 2.11mg (10.57%), Vitamin B6: 0.2mg (10.25%), Potassium: 348.73mg (9.96%), Magnesium: 32.55mg (8.14%), Zinc: 1mg (6.66%), Selenium: 4.38µg (6.26%), Calcium: 56.49mg (5.65%), Vitamin B5: 0.47mg (4.72%)