



Asparagus Amandine

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 pounds asparagus fresh
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons bell pepper diced red
- ☐ 0.5 teaspoon salt

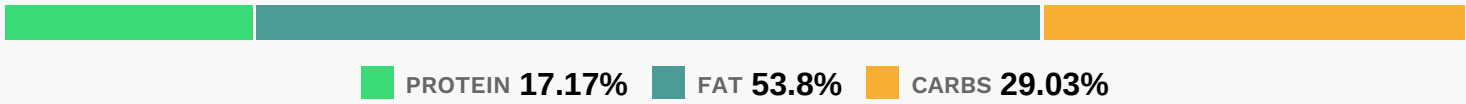
Equipment

☐ frying pan

Directions

- ☐ Snap off tough ends of asparagus. Cook asparagus in boiling salted water to cover in a large skillet 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 almonds, and saut 2 to 3 minutes or until golden brown.
- ☐ Add asparagus and red bell pepper; cook 3 to 5 minutes. Toss with lemon juice, salt, and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:10.020000047334%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 65.75kcal (3.29%), Fat: 4.42g (6.81%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 2.55g (0.93%), Sugar: 2.4g (2.67%), Cholesterol: 7.53mg (2.51%), Sodium: 170.28mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin K: 47.74µg (45.46%), Vitamin A: 1018.38IU (20.37%), Folate: 61.8µg (15.45%), Vitamin E: 2.14mg (14.26%), Iron: 2.56mg (14.22%), Manganese: 0.26mg (13.2%), Copper: 0.25mg (12.32%), Vitamin C: 10.05mg (12.18%), Vitamin B2: 0.2mg (11.55%), Vitamin B1: 0.17mg (11.34%), Fiber: 2.83g (11.31%), Phosphorus: 74.59mg (7.46%), Potassium: 259.51mg (7.41%), Vitamin B3: 1.24mg (6.2%), Magnesium: 24.32mg (6.08%), Vitamin B6: 0.12mg (5.76%), Zinc: 0.71mg (4.76%), Selenium: 2.77µg (3.96%), Calcium: 36.71mg (3.67%), Vitamin B5: 0.34mg (3.4%)