



Asparagus Amandine



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond toasted
- ☐ 1 pound asparagus trimmed
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 1 tablespoon parsley
- ☐ 2 servings salt and pepper to taste

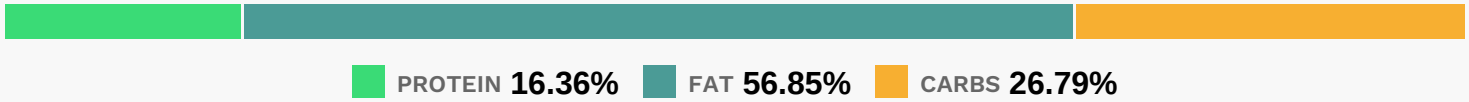
Equipment

- ☐ frying pan

Directions

- ☐ Heat the butter in a pan over medium heat until it is bubbling, add the asparagus, cook until cooked, about 2–3 minutes and set aside.
- ☐ Add the butter to the pan and cook until it browns, about 2–3 minutes.
- ☐ Add the almonds and cook until lightly toasted, about 2–3 minutes.
- ☐ Add the lemon juice and parsley, season with salt and pepper and remove from heat.
- ☐ Serve the asparagus covered in the sauce.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:22.286521733455%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 13.23mg, Isorhamnetin: 13.23mg, Isorhamnetin: 13.23mg, Isorhamnetin: 13.23mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 31.81mg, Quercetin: 31.81mg, Quercetin: 31.81mg, Quercetin: 31.81mg

Nutrients (% of daily need)

Calories: 166.15kcal (8.31%), Fat: 11.74g (18.06%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.16g (5.74%), Cholesterol: 15.05mg (5.02%), Sodium: 244.72mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin K: 127.64µg (121.56%), Vitamin A: 2059IU (41.18%), Vitamin E: 5.71mg (38.04%), Folate: 129.24µg (32.31%), Manganese: 0.63mg (31.33%), Iron: 5.42mg (30.11%), Copper: 0.55mg (27.63%), Vitamin B2: 0.46mg (26.91%), Vitamin C: 21.17mg (25.66%), Fiber: 6.31g (25.24%), Vitamin B1: 0.35mg (23.57%), Phosphorus: 177.29mg (17.73%), Potassium: 570.67mg (16.3%), Magnesium: 64.85mg (16.21%), Vitamin B3: 2.68mg (13.39%), Vitamin B6: 0.23mg (11.55%), Zinc: 1.62mg (10.79%), Calcium: 90.83mg (9.08%), Selenium: 5.78µg (8.25%), Vitamin B5: 0.71mg (7.11%)