



 **34%**
HEALTH SCORE

Asparagus and Cashews

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus
- 0.5 cup cashew pieces chopped
- 1 teaspoon ginger fresh minced
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 1 tablespoon soya sauce

Equipment

- wok

Directions

- Heat olive oil and sesame oil in a wok over low to medium heat.
- Add ginger, and stir-fry until slightly brown.
- Add asparagus, and stir-fry for a few minutes before adding soy sauce and cashews. Cook until asparagus is tender but still crisp and bright green, stirring frequently.

Nutrition Facts

PROTEIN 9.33% **FAT 75.53%** **CARBS 15.14%**

Properties

Glycemic Index:21.8, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:13.352173929629%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 238.53kcal (11.93%), Fat: 21.21g (32.64%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 6.63g (2.41%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 255.76mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin K: 57.47µg (54.73%), Copper: 0.57mg (28.69%), Manganese: 0.47mg (23.41%), Iron: 3.63mg (20.19%), Vitamin A: 850.5IU (17.01%), Vitamin E: 2.52mg (16.82%), Magnesium: 64.85mg (16.21%), Phosphorus: 160.14mg (16.01%), Folate: 63.4µg (15.85%), Vitamin B1: 0.23mg (15.46%), Fiber: 2.94g (11.76%), Zinc: 1.56mg (10.4%), Vitamin B2: 0.17mg (10.29%), Potassium: 345.36mg (9.87%), Vitamin B6: 0.18mg (8.97%), Selenium: 5.84µg (8.34%), Vitamin C: 6.41mg (7.76%), Vitamin B3: 1.45mg (7.27%), Vitamin B5: 0.47mg (4.66%), Calcium: 34.02mg (3.4%)