



Asparagus and Radish Sauté



Vegetarian



Gluten Free

READY IN



44 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh ends trimmed
- ☐ 0.5 juice of lemon
- ☐ 1 tsp lemon zest packed finely grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 8 oz radishes trimmed thinly sliced
- ☐ 8 servings salt and pepper
- ☐ 5 large shallots sliced
- ☐ 1 tablespoon butter unsalted

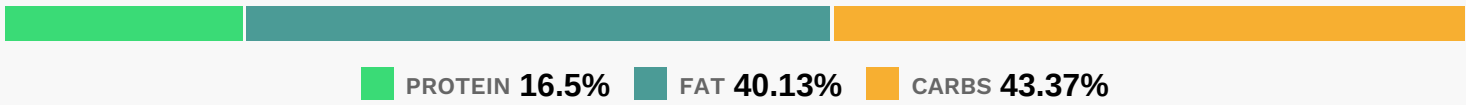
Equipment

- ☐ frying pan

Directions

- ☐ Warm oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots and cook, stirring frequently, until wilted, about 5 minutes.
- ☐ Add asparagus and continue to cook, tossing frequently, until asparagus is crisp-tender, 5 to 7 minutes longer.
- ☐ Add radishes, lemon zest and butter to skillet; season with salt and pepper. Cook, stirring often, until radishes are just warmed through, about 1 minute. Squeeze lemon juice over and toss again. Season with additional salt and pepper, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:10.412173964569%

Flavonoids

Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 67.01kcal (3.35%), Fat: 3.35g (5.16%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.95g (4.39%), Cholesterol: 3.76mg (1.25%), Sodium: 209.25mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin K: 48.84µg (46.52%), Vitamin A: 903.87IU (18.08%), Folate: 71.83µg (17.96%), Vitamin C: 12.84mg (15.57%), Iron: 2.73mg (15.14%), Fiber: 3.37g (13.47%), Manganese: 0.25mg (12.26%), Copper: 0.24mg (12.16%), Vitamin B1: 0.18mg (11.71%), Vitamin E: 1.58mg (10.56%), Vitamin B2: 0.18mg (10.3%), Potassium: 350.11mg (10%), Vitamin B6: 0.18mg (8.93%), Phosphorus: 74.61mg (7.46%),

Vitamin B3: 1.22mg (6.08%), Magnesium: 22.18mg (5.55%), Zinc: 0.76mg (5.05%), Selenium: 2.99µg (4.27%), Calcium: 41.09mg (4.11%), Vitamin B5: 0.41mg (4.08%)