



Asparagus and Red Pepper with Balsamic Vinegar

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 0.5 bunch asparagus fresh trimmed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese
- ☐ 1 bell pepper red sliced
- ☐ 1 onion red sliced

☐ 2 servings salt to taste

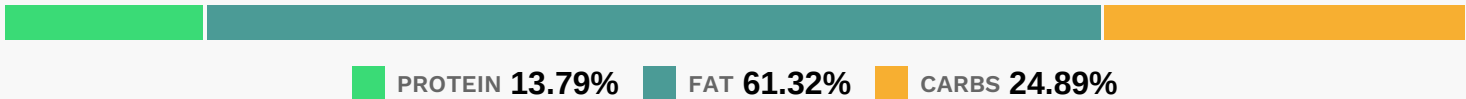
Equipment

☐ frying pan

Directions

- ☐ Melt the butter with the olive oil in a large skillet over medium heat; add the asparagus and red onion in the mixture, season with salt, and cook until the onion begins to soften, about 5 minutes. Stir the red bell pepper into the mixture and continue cooking until the onions begin to caramelize, another 5 minutes.
- ☐ Remove from heat and add the vinegar, Parmesan cheese, sesame seeds, and pine nuts; toss to combine.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:20.223913199228%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 27.03mg, Quercetin: 27.03mg, Quercetin: 27.03mg, Quercetin: 27.03mg

Nutrients (% of daily need)

Calories: 228.08kcal (11.4%), Fat: 16.27g (25.04%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 10.31g (3.75%), Sugar: 8.25g (9.16%), Cholesterol: 23.55mg (7.85%), Sodium: 447.86mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.47%), Vitamin C: 86.53mg (104.88%), Vitamin A: 2987.1IU (59.74%), Vitamin K: 54.85µg (52.24%), Folate: 97.4µg (24.35%), Vitamin E: 3.42mg (22.8%), Calcium: 195.85mg (19.58%), Fiber: 4.55g (18.19%), Phosphorus: 179.87mg (17.99%), Vitamin B6: 0.35mg (17.66%), Iron: 2.98mg (16.56%), Manganese: 0.33mg (16.44%), Vitamin B2: 0.27mg (15.76%), Vitamin B1: 0.22mg (14.9%), Potassium: 455.35mg (13.01%), Copper: 0.25mg (12.52%), Vitamin B3: 1.78mg (8.92%), Magnesium: 34.99mg (8.75%), Selenium: 5.8µg (8.29%), Zinc: 1.21mg (8.04%), Vitamin B5: 0.63mg (6.29%), Vitamin B12: 0.16µg (2.7%)