



Asparagus and Water Chestnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- 10 ounce asparagus frozen
- 2 teaspoons balsamic vinegar
- 5 ounce water chestnuts drained sliced canned
- 2 teaspoons olive oil
- 0.3 cup onion diced red

Equipment

- frying pan

Directions

- Heat the olive oil and butter in a skillet over medium-high heat.
- Add the onion, and saute for a few minutes to release the flavor into the oil.
- Add the water chestnuts, asparagus, and vinegar; cook and stir for about 10 minutes, until the asparagus is cooked but still crunchy.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:7.0839130878448%

Flavonoids

Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 65.7kcal (3.28%), Fat: 2.13g (3.27%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 7.87g (2.86%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 6.68mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin K: 30.83µg (29.37%), Fiber: 3.04g (12.16%), Iron: 2.05mg (11.38%), Vitamin A: 536.01IU (10.72%), Folate: 41.94µg (10.49%), Copper: 0.19mg (9.69%), Manganese: 0.19mg (9.26%), Vitamin E: 1.37mg (9.12%), Vitamin B6: 0.16mg (8.22%), Vitamin B1: 0.11mg (7.46%), Vitamin B2: 0.12mg (6.83%), Vitamin C: 5.42mg (6.57%), Potassium: 225.79mg (6.45%), Phosphorus: 50.86mg (5.09%), Vitamin B3: 0.9mg (4.52%), Zinc: 0.61mg (4.07%), Magnesium: 14.06mg (3.51%), Selenium: 2.07µg (2.96%), Vitamin B5: 0.28mg (2.85%), Calcium: 22.13mg (2.21%)