



Asparagus Green Onion Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus halved
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 bunch spring onion (8)
- ☐ 0.5 pound green beans trimmed halved

Equipment

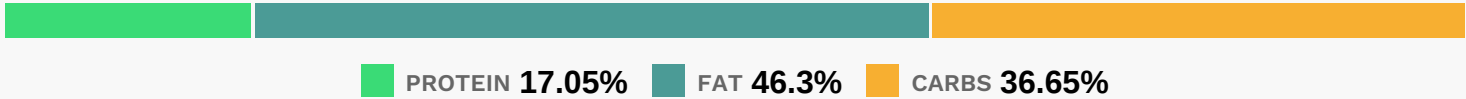
- ☐ frying pan
- ☐ paper towels
- ☐ pot

- ☐ ziploc bags
- ☐ kitchen towels

Directions

- ☐ Bring a 5- to 6-quart pot of water seasoned with 1 tablespoon kosher salt to a boil. Cook asparagus and string beans until just tender, 5 to 6 minutes.
- ☐ Drain, then transfer in a single layer to paper or kitchen towels to dry.
- ☐ Separate white parts from green parts of scallions. Halve whites lengthwise. Halve green parts lengthwise and again in half crosswise. You should have approximately 3-inch pieces.
- ☐ Heat oil in a large, heavy skillet over medium-high heat until oil shimmers.
- ☐ Add white parts of scallions and sauté until they just begin to wilt and turn golden, about 2 minutes.
- ☐ Add asparagus, green beans, and 1/4 teaspoon salt and sauté to heat through, 1 minute.
- ☐ Add green parts of scallions and continue to sauté until they just begin to wilt, about 1 minute more. Adjust seasoning if necessary and serve with a fresh grind of black pepper.
- ☐ •Vegetables can be cut and kept between dampened paper towels in sealable plastic bags 1 day prior to serving.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.25, Inflammation Score:-7, Nutrition Score:11.17217379031%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.95mg, Quercetin: 16.95mg, Quercetin: 16.95mg, Quercetin: 16.95mg

Nutrients (% of daily need)

Calories: 63.37kcal (3.17%), Fat: 3.7g (5.7%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 3.37g (1.23%), Sugar: 3.13g (3.47%), Cholesterol: 0mg (0%), Sodium: 4.52mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin K: 67.68µg (64.46%), Vitamin A: 1082.8IU (21.66%),

Folate: 70.24µg (17.56%), Iron: 2.78mg (15.46%), Fiber: 3.22g (12.9%), Vitamin E: 1.92mg (12.79%), Vitamin C: 10.37mg (12.57%), Vitamin B1: 0.19mg (12.47%), Manganese: 0.25mg (12.26%), Copper: 0.24mg (11.82%), Vitamin B2: 0.19mg (11.28%), Potassium: 297.2mg (8.49%), Vitamin B6: 0.14mg (7.25%), Phosphorus: 70.85mg (7.08%), Vitamin B3: 1.33mg (6.66%), Magnesium: 23.56mg (5.89%), Zinc: 0.69mg (4.61%), Calcium: 39.9mg (3.99%), Selenium: 2.8µg (3.99%), Vitamin B5: 0.38mg (3.77%)