






 **31%**  
HEALTH SCORE

# Asparagus 'Guacamole

 **Gluten Free**

READY IN  
  
**55 min.**

SERVINGS  
  
**10**

CALORIES  
  
**20 kcal**

ANTIPASTI   STARTER   SNACK   APPETIZER

## Ingredients

- 1.5 pounds asparagus cut into small pieces
- 1 tablespoon greek yogurt fat-free greek-style
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 3 spring onion thinly sliced
- 10 servings pepper black to taste
- 0.5 jalapeno minced
- 1 tablespoon juice of lime

- 1 dash hot sauce hot
- 1 tomatoes diced
- 0.5 teaspoon worcestershire sauce

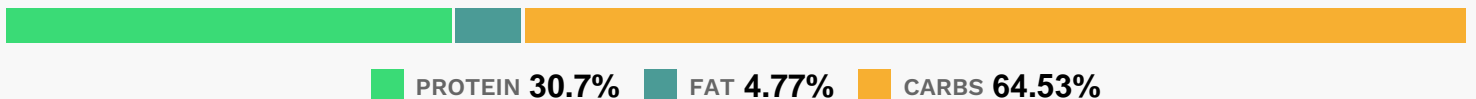
## Equipment

- food processor
- bowl
- pot

## Directions

- Place the asparagus into a steamer insert and set into a pot over one inch of water; bring the water to a boil.
- Place a cover on the pot and steam the asparagus for 5 minutes.
- Transfer the asparagus to the bowl of a food processor and puree until smooth.
- Combine the asparagus puree with the yogurt, lime juice, cilantro, green onions, jalapeno pepper, garlic, tomato, Worcestershire sauce, and hot pepper sauce in a large bowl; gently stir to combine. Season with salt and pepper. Chill in refrigerator until completely cooled.

## Nutrition Facts



## Properties

Glycemic Index:22.8, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:6.6030434596798%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

## Nutrients (% of daily need)

Calories: 20.23kcal (1.01%), Fat: 0.13g (0.2%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.83g (2.04%), Cholesterol: 0.08mg (0.03%), Sodium: 7.65mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 38.29µg (36.46%), Vitamin A: 688.94IU (13.78%), Folate: 40.29µg (10.07%), Vitamin C: 7.86mg (9.52%), Iron: 1.59mg (8.85%), Manganese: 0.16mg (7.81%), Copper: 0.14mg (7.25%), Vitamin B1: 0.11mg (7.13%), Fiber: 1.75g (7%), Vitamin B2: 0.11mg (6.36%), Vitamin E: 0.9mg (5.97%), Potassium: 191.17mg (5.46%), Vitamin B6: 0.09mg (4.46%), Phosphorus: 43.85mg (4.39%), Vitamin B3: 0.78mg (3.92%), Magnesium: 12.5mg (3.13%), Zinc: 0.43mg (2.84%), Selenium: 1.86µg (2.66%), Calcium: 24.59mg (2.46%), Vitamin B5: 0.22mg (2.18%)