



Asparagus Parmesan

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



2

CALORIES



86 kcal

SIDE DISH

Ingredients

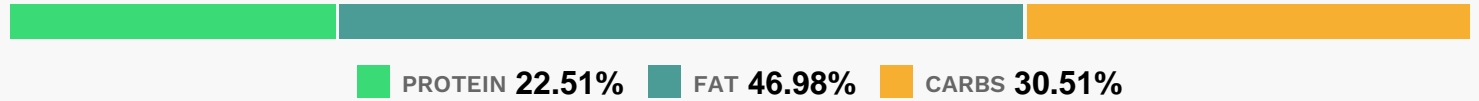
- 9 oz asparagus frozen
- 6 mushrooms thinly sliced
- 2 teaspoons butter
- 0.1 teaspoon garlic powder
- 1 serving pepper freshly ground
- 1 tablespoon parmesan cheese grated

Equipment

Directions

- Cook asparagus as directed on package—except add mushrooms during last minute of cooking; drain.
- Stir remaining ingredients into asparagus and mushrooms.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:13.880869393763%

Flavonoids

Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg

Nutrients (% of daily need)

Calories: 85.94kcal (4.3%), Fat: 5.09g (7.82%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.59g (3.99%), Cholesterol: 2.17mg (0.73%), Sodium: 96.57mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin K: 53.2µg (50.66%), Vitamin B2: 0.43mg (25.41%), Vitamin A: 1165.2IU (23.3%), Copper: 0.43mg (21.73%), Folate: 76.83µg (19.21%), Vitamin B3: 3.42mg (17.09%), Iron: 3.06mg (16.98%), Vitamin B1: 0.23mg (15.54%), Phosphorus: 135.79mg (13.58%), Selenium: 9.44µg (13.48%), Fiber: 3.31g (13.23%), Potassium: 458.1mg (13.09%), Vitamin B5: 1.26mg (12.62%), Manganese: 0.24mg (12.01%), Vitamin E: 1.62mg (10.78%), Vitamin C: 8.42mg (10.2%), Vitamin B6: 0.18mg (9.21%), Zinc: 1.12mg (7.44%), Magnesium: 24.52mg (6.13%), Calcium: 56.39mg (5.64%), Vitamin B12: 0.06µg (1.05%)