



 **66%**
HEALTH SCORE

Asparagus Parmesan

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

READY IN



15 min.

SERVINGS



2

CALORIES



86 kcal

SIDE DISH

Ingredients

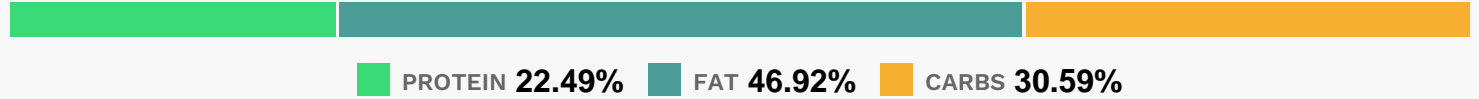
- 9 oz asparagus frozen
- 2 teaspoons butter
- 0.1 teaspoon garlic powder
- 6 mushrooms thinly sliced
- 1 tablespoon parmesan cheese grated
- 2 servings pepper freshly ground

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:1.18, Inflammation Score:-8, Nutrition Score:13.907391283823%

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: 86.06kcal (4.3%), Fat: 5.09g (7.83%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 4.14g (1.51%), Sugar: 3.59g (3.99%), Cholesterol: 2.17mg (0.73%), Sodium: 96.58mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin K: 53.28µg (50.74%), Vitamin B2: 0.43mg (25.41%), Vitamin A: 1165.47IU (23.31%), Copper: 0.44mg (21.76%), Folate: 76.84µg (19.21%), Vitamin B3: 3.42mg (17.1%), Iron: 3.06mg (17.01%), Vitamin B1: 0.23mg (15.54%), Phosphorus: 135.87mg (13.59%), Selenium: 9.44µg (13.48%), Fiber: 3.32g (13.28%), Potassium: 458.76mg (13.11%), Vitamin B5: 1.26mg (12.63%), Manganese: 0.25mg (12.32%), Vitamin E: 1.62mg (10.78%), Vitamin C: 8.42mg (10.2%), Vitamin B6: 0.18mg (9.22%), Zinc: 1.12mg (7.44%), Magnesium: 24.6mg (6.15%), Calcium: 56.61mg (5.66%), Vitamin B12: 0.06µg (1.05%)