



## Asparagus Parmesan

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus fresh trimmed
- 1 tablespoon butter
- 0.3 cup olive oil
- 0.8 cup parmesan cheese grated
- 5 servings salt and pepper to taste

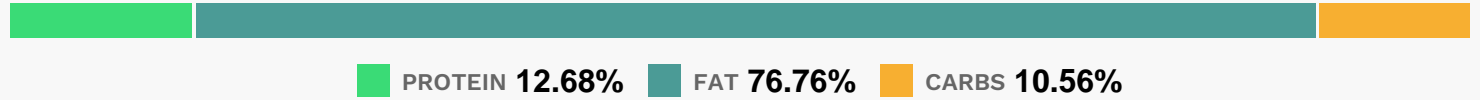
### Equipment

- frying pan

## Directions

- Melt butter with olive oil in a large skillet over medium heat.
- Add asparagus spears, and cook, stirring occasionally for about 10 minutes, or to desired firmness.
- Drain off excess oil, and sprinkle with Parmesan cheese, salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:16.4, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:9.8569565337637%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

## Nutrients (% of daily need)

Calories: 196.84kcal (9.84%), Fat: 17.38g (26.74%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 3.48g (1.26%), Sugar: 1.72g (1.91%), Cholesterol: 19.07mg (6.36%), Sodium: 476.32mg (20.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Vitamin K: 44.69µg (42.56%), Vitamin E: 2.72mg (18.15%), Vitamin A: 885.55IU (17.71%), Calcium: 155.27mg (15.53%), Phosphorus: 142.95mg (14.29%), Folate: 48.16µg (12.04%), Iron: 2.07mg (11.51%), Vitamin B2: 0.18mg (10.62%), Selenium: 7.36µg (10.52%), Vitamin B1: 0.13mg (8.93%), Copper: 0.18mg (8.88%), Manganese: 0.16mg (7.83%), Fiber: 1.91g (7.62%), Zinc: 1.14mg (7.62%), Vitamin C: 5.08mg (6.16%), Potassium: 211.67mg (6.05%), Vitamin B6: 0.09mg (4.74%), Magnesium: 18.01mg (4.5%), Vitamin B3: 0.9mg (4.5%), Vitamin B12: 0.21µg (3.45%), Vitamin B5: 0.3mg (3%)