



WHATSheATE



Asparagus, Peas, and Basil (Piselli con Asparagi e Basilico)



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 2 pound asparagus trimmed cut into 1-inch pieces
- ☐ 0.8 cup basil
- ☐ 10 ounce peas fresh frozen shelled thawed ()
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.3 cup shallots finely chopped (2)
- ☐ 3 tablespoons butter unsalted

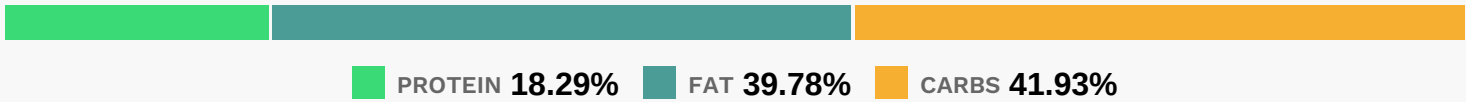
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Cook shallots in butter in a 12-inch heavy skillet over medium heat, stirring frequently, until just tender, about 4 minutes.
- ☐ Stir in asparagus, peas, sea salt, and 1/4 teaspoon pepper, then seal skillet with foil. Cook over medium heat until vegetables are tender but still slightly al dente, about 8 minutes. Stir in basil and sea salt to taste.
- ☐ Peas can be shelled and asparagus cut 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:18.256956427642%

Flavonoids

Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 126.49kcal (6.32%), Fat: 6.08g (9.35%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 8.18g (2.97%), Sugar: 6.31g (7.01%), Cholesterol: 15.05mg (5.02%), Sodium: 201.25mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin K: 87.63µg (83.46%), Vitamin A: 1838.08IU (36.76%), Vitamin C: 28.7mg (34.78%), Folate: 114.94µg (28.73%), Fiber: 6.23g (24.93%), Manganese: 0.5mg (24.83%), Vitamin B1: 0.35mg (23.28%), Iron: 4.15mg (23.04%), Copper: 0.39mg (19.52%), Vitamin B2: 0.28mg (16.6%), Phosphorus: 138.93mg (13.89%), Potassium: 464.2mg (13.26%), Vitamin E: 1.96mg (13.07%), Vitamin B6: 0.26mg (12.82%), Vitamin B3: 2.52mg (12.58%), Magnesium: 40.9mg (10.22%), Zinc: 1.47mg (9.82%), Selenium: 4.53µg (6.47%), Calcium: 58.86mg (5.89%), Vitamin B5: 0.51mg (5.06%)