

health-score57%
HEALTH SCORE

Asparagus Sauté

☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

106 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon pepper
- ☐ 1 large bell pepper diced red
- ☐ 0.5 teaspoon salt

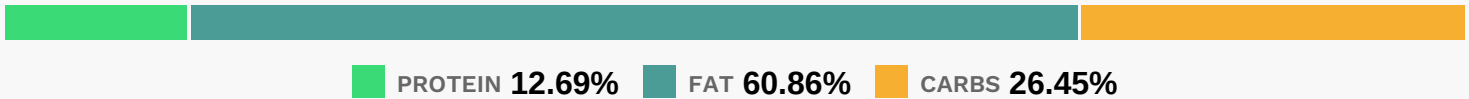
Equipment

- ☐ frying pan

Directions

- ☐ Snap off and discard tough ends of asparagus.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add asparagus, bell pepper, and remaining ingredients, and saut 4 to 5 minutes or until crisp-tender.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.23, Inflammation Score:-9, Nutrition Score:15.580869411645%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Quercetin: 21.2mg, Quercetin: 21.2mg, Quercetin: 21.2mg, Quercetin: 21.2mg

Nutrients (% of daily need)

Calories: 105.77kcal (5.29%), Fat: 7.88g (12.13%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 3.92g (1.42%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 287.13mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin K: 64.51µg (61.44%), Vitamin C: 43.47mg (52.69%), Vitamin A: 2338.1IU (46.76%), Folate: 91.32µg (22.83%), Iron: 3.37mg (18.73%), Vitamin E: 2.44mg (16.24%), Vitamin B1: 0.23mg (15.47%), Fiber: 3.79g (15.17%), Copper: 0.29mg (14.64%), Manganese: 0.29mg (14.56%), Vitamin B2: 0.24mg (14.13%), Vitamin B6: 0.22mg (10.92%), Potassium: 369.32mg (10.55%), Phosphorus: 88.17mg (8.82%), Vitamin B3: 1.75mg (8.75%), Magnesium: 25.02mg (6.26%), Zinc: 0.89mg (5.92%), Vitamin B5: 0.51mg (5.11%), Selenium: 3.51µg (5.02%), Calcium: 41.9mg (4.19%)