






 **28%**  
HEALTH SCORE

# Asparagus Side Dish

 **Gluten Free**

READY IN  
  
**17 min.**

SERVINGS  
  
**4**

CALORIES  
  
**202 kcal**

**SIDE DISH**

## Ingredients

- 1 bunch asparagus fresh trimmed
- 10 grape tomatoes halved
- 0.3 cup olive oil
- 0.5 cup parmesan cheese grated
- 0.7 cup water

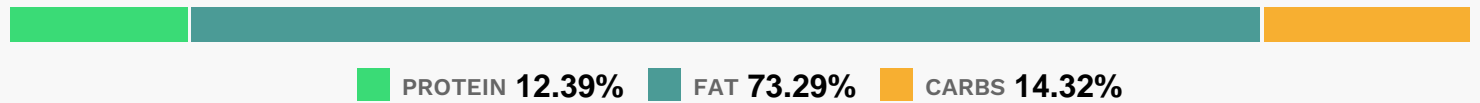
## Equipment

- frying pan

## Directions

- Combine the asparagus and water in a 10 inch skillet and place over medium heat; cover. Allow the asparagus to steam until tender, about 10 minutes; drain. Reduce heat to low and return the skillet to the heat.
- Drizzle olive oil over the asparagus; sprinkle with Parmesan cheese.
- Add the grape tomatoes to the skillet and replace the lid. Allow to sit covered until the cheese melts and the tomatoes are slightly steamed, about 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:12.874347724344%

## Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg

## Nutrients (% of daily need)

Calories: 202.12kcal (10.11%), Fat: 17.22g (26.49%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 4.7g (1.71%), Sugar: 3.24g (3.6%), Cholesterol: 10.88mg (3.63%), Sodium: 225.37mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin K: 58.5µg (55.71%), Vitamin A: 1312.65IU (26.25%), Vitamin E: 3.51mg (23.39%), Folate: 65.63µg (16.41%), Phosphorus: 147.95mg (14.8%), Iron: 2.65mg (14.74%), Vitamin C: 12.12mg (14.69%), Calcium: 143.07mg (14.31%), Copper: 0.25mg (12.45%), Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (12%), Manganese: 0.24mg (11.84%), Fiber: 2.87g (11.49%), Potassium: 351.11mg (10.03%), Selenium: 6.96µg (9.95%), Zinc: 1.22mg (8.17%), Vitamin B6: 0.15mg (7.33%), Vitamin B3: 1.36mg (6.81%), Magnesium: 25.19mg (6.3%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.17µg (2.81%)