

SIDE DISH

Asparagus Spears with Creamy Mustard Dressing

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
7 min	3 min	4 min	4	\$1.58	43 kcal

Asparagus Spears with Creamy Mustard Dressing might be a good recipe to expand your side dish repertoire. This recipe makes 4 servings with 43 calories, 3g of protein, and 1g of fat each. For \$1.58 per serving, this recipe covers 9% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound asparagus spears
- ☐ 1½ teaspoons dried tarragon
- ☐ 2 tablespoons fat-free sour cream
- ☐ 2 tablespoons Dijon mustard
- ☐ 3 tablespoons fat-free mayonnaise
- ☐ 2 cups water

EQUIPMENT Bowl, Frying pan

Method

- 1

Snap off tough ends of asparagus.
- 2

Bring water to a boil in a 12-inch skillet; add asparagus. Cook 1 minute; drain and plunge into ice water.
- 3

Drain well.
- 4

Combine mayonnaise and next 3 ingredients in a small bowl.

- 5 Arrange asparagus on a serving platter; top with dressing.

Nutrition per serving

43	3 g	1 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.1 g · 1% of daily needs
Fibre			3 g · 12% of daily needs
Sugar			3.3 g · 4% of daily needs
Sodium			182 mg · 8% of daily needs
Cholesterol			1.5 mg · 1% of daily needs
Vitamin C			6.8 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/asparagus-spears-with-creamy-mustard-dressing-148353