



Asparagus Spears With Garlic Aïoli



Vegetarian



Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 1 teaspoon dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 1.5 tablespoons mayonnaise light
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 4 servings paprika
- ☐ 0.1 teaspoon salt

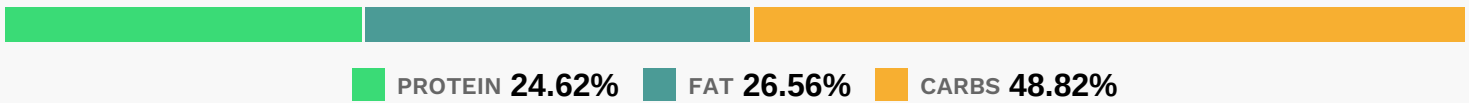
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ peeler

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring well with a whisk. Set aside.
- ☐ Snap off tough ends of asparagus; remove scales from stalks with a vegetable peeler, if desired.
- ☐ Place asparagus spears in a large skillet; add water to cover. Bring to a boil over high heat; cover, reduce heat, and simmer 3 minutes or until asparagus is crisp-tender. Plunge asparagus into cold water to stop the cooking process; drain.
- ☐ Place asparagus on a serving platter; spoon yogurt mixture over asparagus.
- ☐ Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:11.723043550616%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 56.67kcal (2.83%), Fat: 1.93g (2.96%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 4.8g (1.75%), Sugar: 4g (4.44%), Cholesterol: 2.07mg (0.69%), Sodium: 148.01mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin K: 51.68µg (49.22%), Vitamin A: 1857.48IU (37.15%), Iron: 2.92mg (16.22%), Folate: 62.54µg (15.63%), Vitamin B2: 0.23mg (13.57%), Vitamin E: 1.99mg (13.27%), Fiber: 3.16g (12.66%), Vitamin B1: 0.18mg (12.24%), Manganese: 0.24mg (12.13%), Copper: 0.24mg (11.89%), Phosphorus: 99.08mg (9.91%), Potassium: 331.97mg (9.48%), Vitamin B6: 0.18mg (8.78%), Vitamin C: 7mg (8.49%), Calcium: 73.02mg (7.3%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.91mg (6.07%), Magnesium: 23.99mg (6%), Selenium: 4.18µg (5.98%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.11µg (1.91%)