



Asparagus Spears with Lemon-Tarragon Butter

 Vegetarian  Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons butter light
- ☐ 0.5 teaspoon salt

Equipment

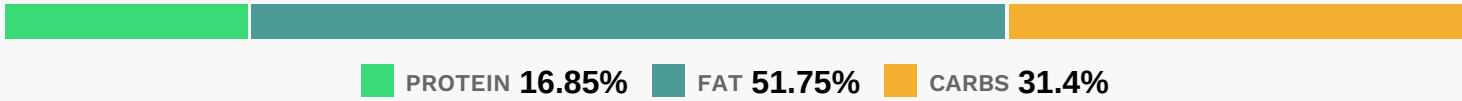
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frying pan

Directions

- ☐ Snap off tough ends of asparagus.
- ☐ Cook asparagus in boiling water in a large skillet 1 minute or until crisp-tender.
- ☐ Drain well, and return asparagus to pan.
- ☐ Add butter and remaining ingredients. Cook over medium heat 2 minutes; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:9.788260921188%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 62.68kcal (3.13%), Fat: 4.09g (6.29%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 3g (1.09%), Sugar: 2.36g (2.63%), Cholesterol: 7.42mg (2.47%), Sodium: 296.23mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin K: 47.51µg (45.25%), Vitamin A: 1019.1IU (20.38%), Folate: 63.41µg (15.85%), Iron: 2.84mg (15.79%), Vitamin C: 11.04mg (13.39%), Manganese: 0.26mg (13.02%), Vitamin B1: 0.17mg (11.18%), Copper: 0.22mg (11.17%), Vitamin B2: 0.18mg (10.59%), Fiber: 2.58g (10.34%), Vitamin E: 1.41mg (9.37%), Potassium: 273.62mg (7.82%), Vitamin B6: 0.13mg (6.66%), Phosphorus: 65.2mg (6.52%), Vitamin B3: 1.21mg (6.05%), Magnesium: 20.3mg (5.08%), Zinc: 0.68mg (4.51%), Calcium: 43.94mg (4.39%), Selenium: 2.74µg (3.91%), Vitamin B5: 0.32mg (3.24%)