



Asparagus Spears with Sesame



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1 pound fairly pencil asparagus ends trimmed cut into 2-inch pieces thin
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons sesame oil
- ☐ 4 tablespoons sesame seed
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons citrus champagne vinegar

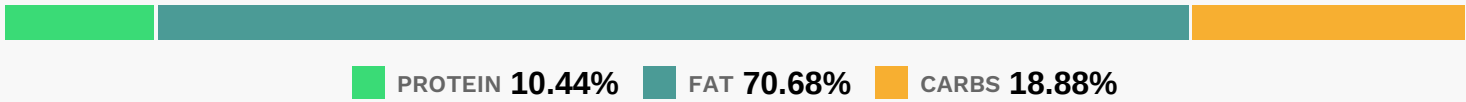
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Bring a large pot of water to a rolling boil. In a medium bowl, whisk together the sesame oil, white wine vinegar, soy sauce, and sugar. Set aside.
- ☐ Prepare an ice bath: Fill a large bowl halfway with ice cubes and add some cold water.
- ☐ Place a colander squarely inside the ice bath. The colander will keep you from having to pick the asparagus out from amongst the ice cubes in the ice bath.
- ☐ Add salt until the boiling water tastes like seawater.
- ☐ Add the asparagus to the boiling water and cook for 1 1/2 to 2 minutes – you want them to be crunchy. If the asparagus are thin, cook for only 1 minute.
- ☐ Remove the asparagus from the water with a strainer and transfer them to the colander inside the ice bath. Allow them to cool completely for a few minutes and then place them on a kitchen towel to drain any excess moisture.
- ☐ Toss the asparagus, sesame seeds, and the sauce together and refrigerate for 1 hour, or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.35, Glycemic Load:1.62, Inflammation Score:-6, Nutrition Score:8.4026086745055%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 117.24kcal (5.86%), Fat: 9.75g (15%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 3.59g (1.31%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 531.46mg (23.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin K: 32.4µg (30.86%), Copper: 0.37mg (18.47%), Iron: 2.56mg (14.23%), Manganese: 0.28mg (14.17%), Vitamin A: 572.01IU (11.44%), Folate: 45.56µg (11.39%), Vitamin B1: 0.15mg (10.26%), Fiber: 2.26g (9.06%), Phosphorus: 81.06mg (8.11%), Magnesium: 31.91mg (7.98%), Vitamin B2: 0.13mg (7.6%), Calcium: 71.78mg (7.18%), Vitamin E: 0.97mg (6.44%), Vitamin B6: 0.12mg (6.15%), Vitamin B3: 1.22mg (6.09%), Zinc: 0.85mg (5.66%), Potassium: 192.41mg (5.5%), Selenium: 3.63µg (5.19%), Vitamin C: 4.26mg (5.16%), Vitamin B5: 0.23mg (2.32%)