



WHATSheATE



Asparagus, Spring Onion, and Morel Mushroom Sauté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 3 bunches asparagus ends trimmed peeled (see Notes)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon coarse kosher salt
- ☐ 0.5 cup crème fraîche
- ☐ 3 bunches green onions ends trimmed
- ☐ 0.3 pound morel mushrooms) fresh
- ☐ 4 tablespoons butter unsalted

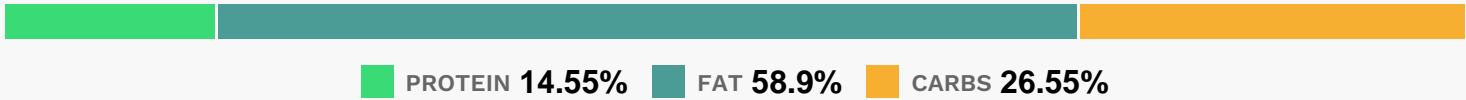
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ stove

Directions

- ☐ Bring a large pot of water to a boil. If using dried morels, put them in a small bowl, cover with 1 cup boiling water, and let stand 10 minutes. Lift out and pat dry.
- ☐ Meanwhile, generously salt remaining boiling water. Fill a large bowl with ice and cold water and set near the stove.
- ☐ Add asparagus to boiling water and cook until crisp-tender, about 4 minutes.
- ☐ Remove from water and immediately plunge into ice bath to stop cooking. Repeat process with green onions.
- ☐ Drain asparagus and onions on paper towels, then cut asparagus spears in half.
- ☐ In a large frying pan over medium-low heat, melt butter.
- ☐ Add morels, asparagus, and onions and cook 1 minute, tossing gently to coat with butter. Stir in crme frache and season with salt and pepper. Continue cooking until heated through, 4 minutes longer.
- ☐ Transfer to a serving dish.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:22.175217273443%

Flavonoids

Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Quercetin: 32.74mg, Quercetin: 32.74mg, Quercetin: 32.74mg, Quercetin: 32.74mg

Nutrients (% of daily need)

Calories: 161.94kcal (8.1%), Fat: 11.73g (18.05%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 6.11g (2.22%), Sugar: 5.32g (5.91%), Cholesterol: 31.38mg (10.46%), Sodium: 406.29mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin K: 119.65µg (113.96%), Iron: 8.1mg (44.98%), Vitamin A: 2174.2IU (43.48%), Folate: 128.41µg (32.1%), Copper: 0.6mg (30.01%), Manganese: 0.55mg (27.37%), Vitamin B2: 0.41mg (24.36%), Vitamin B1: 0.35mg (23.35%), Fiber: 5.78g (23.14%), Vitamin E: 2.9mg (19.33%), Phosphorus: 187.4mg (18.74%), Vitamin C: 15.03mg (18.22%), Potassium: 619.68mg (17.71%), Vitamin B3: 2.85mg (14.27%), Vitamin B6: 0.25mg (12.75%), Zinc: 1.85mg (12.32%), Magnesium: 41.09mg (10.27%), Calcium: 96.05mg (9.61%), Vitamin D: 1.43µg (9.5%), Selenium: 6.61µg (9.45%), Vitamin B5: 0.81mg (8.13%)