



Asparagus Stir-Fry



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus fresh
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup chicken broth low-sodium divided
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 teaspoon sugar

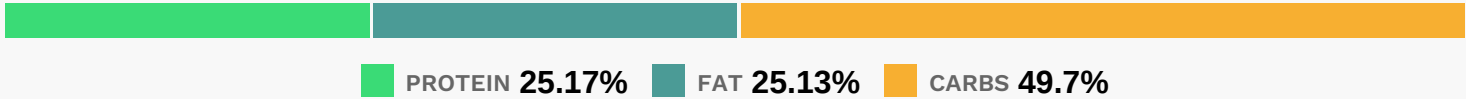
Equipment

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Snap off tough ends of asparagus; remove scales from stalks with a vegetable peeler, if desired. Diagonally cut into 2-inch pieces.
- ☐ Coat a nonstick skillet with cooking spray; add oil, and place over medium-high heat until hot.
- ☐ Add asparagus; cook 2 minutes, stirring constantly.
- ☐ Add 1/4 cup broth; cover and cook 4 minutes or until asparagus is crisp-tender.
- ☐ Combine remaining 1/4 cup broth, cornstarch, sugar, and soy sauce; stir until smooth.
- ☐ Add to asparagus mixture, stirring constantly. Bring to a boil; boil 1 minute, stirring constantly.
- ☐ Sprinkle with seeds.
- ☐ Note: Be aware that many Asian sauces and condiments are high in sodium. If you are trying to control the sodium in your diet, use low-sodium soy sauce instead of the regular version and omit other high-sodium ingredients such as salt and monosodium glutamate (MSG).

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:9.6526086369286%

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 Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 50.05kcal (2.5%), Fat: 1.6g (2.46%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 200.44mg (8.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 47.18µg (44.93%), Vitamin A: 857.41IU (17.15%), Folate: 62.61µg (15.65%), Iron: 2.74mg (15.23%), Copper: 0.28mg (14.11%), Manganese: 0.24mg (11.77%), Vitamin B1: 0.17mg (11.66%), Vitamin B2: 0.18mg (10.71%), Fiber: 2.59g (10.35%), Vitamin E: 1.41mg (9.41%), Phosphorus: 82.28mg (8.23%), Potassium: 271.04mg (7.74%), Vitamin C: 6.35mg (7.7%), Vitamin B3: 1.5mg (7.5%), Vitamin B6: 0.12mg (1.2%)

(6.21%), Magnesium: 24.47mg (6.12%), Zinc: 0.78mg (5.19%), Selenium: 3.13µg (4.48%), Calcium: 42.64mg (4.26%),
Vitamin B5: 0.33mg (3.28%)