



Asparagus with Balsamic Onions and Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 ounce cheese blue crumbled
- ☐ 0.1 teaspoon kosher salt
- ☐ 1.5 teaspoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.1 teaspoon pepper

- ☐ 1.5 cups onion sweet vertically sliced
- ☐ 1 teaspoon thyme leaves

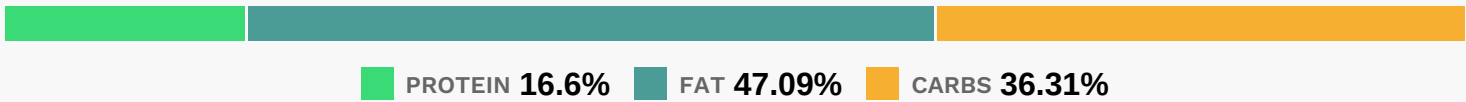
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine asparagus, 2 teaspoons olive oil, 1/8 teaspoon kosher salt, and pepper on a baking sheet.
- ☐ Bake at 425 for 9 minutes.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 1/2 teaspoons olive oil; swirl to coat.
- ☐ Add onion to pan; saut for 6 minutes. Stir in vinegar, thyme, and 1/8 teaspoon kosher salt. Top asparagus with onion mixture and crumbled blue cheese.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:11.054347773609%

Flavonoids

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 24.57mg, Quercetin: 24.57mg, Quercetin: 24.57mg, Quercetin: 24.57mg

Nutrients (% of daily need)

Calories: 102.02kcal (5.1%), Fat: 5.73g (8.81%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 6.93g (2.52%), Sugar: 5.78g (6.42%), Cholesterol: 5.32mg (1.77%), Sodium: 162.29mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin K: 49.73µg (47.36%), Folate: 75.55µg (18.89%), Vitamin A: 936.06IU (18.72%), Iron: 2.75mg (15.26%), Copper: 0.26mg (12.77%), Vitamin B1: 0.19mg (12.61%), Manganese: 0.25mg (12.37%), Vitamin C: 10.03mg (12.16%), Vitamin E: 1.82mg (12.11%), Fiber: 3.01g (12.03%), Vitamin B2: 0.2mg (11.85%), Phosphorus: 103.98mg (10.4%), Vitamin B6: 0.19mg (9.74%), Potassium: 327.01mg (9.34%), Calcium: 80.1mg (8.01%), Vitamin B3: 1.27mg (6.35%), Magnesium: 24.29mg (6.07%), Zinc: 0.89mg (5.95%), Selenium: 3.94µg (5.63%), Vitamin B5: 0.5mg (4.95%), Vitamin B12: 0.09µg (1.44%)