



Asparagus with Balsamic Tomatoes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 3 tablespoons goat cheese crumbled
- ☐ 1.5 cups grape tomatoes halved
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt

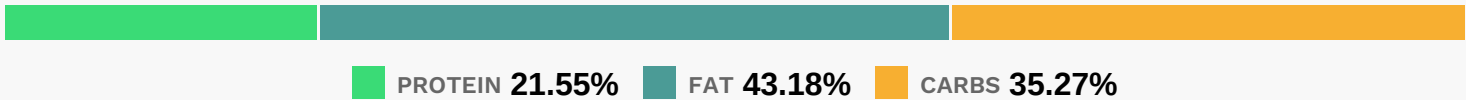
Equipment

☐ frying pan

Directions

- ☐ Cook asparagus in boiling water 2 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add tomatoes and garlic; cook 5 minutes. Stir in vinegar; cook 3 minutes. Stir in salt. Arrange asparagus on a platter; top with tomato mixture.
- ☐ Sprinkle with cheese and pepper.
- ☐ Raisin and Pine Nut variation: Omit tomatoes, garlic, vinegar, and goat cheese. Cook 1/3 cup sliced red onion and 2 tablespoons pine nuts in oil for 4 minutes.
- ☐ Add 2 1/2 tablespoons orange juice, 3 tablespoons raisins, and 2 teaspoons honey; cook 2 minutes. Stir in 1/4 teaspoon salt and 1/4 teaspoon orange rind. Spoon over asparagus; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:11.968695614649%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg

Nutrients (% of daily need)

Calories: 86.36kcal (4.32%), Fat: 4.47g (6.88%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.1g (1.85%), Sugar: 4.9g (5.44%), Cholesterol: 4.83mg (1.61%), Sodium: 191.04mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin K: 53.4µg (50.85%), Vitamin A: 1432.59IU (28.65%), Folate: 68.66µg (17.17%), Vitamin C: 14.12mg (17.12%), Copper: 0.33mg (16.54%), Iron: 2.88mg (15.99%),

Manganese: 0.3mg (15.12%), Vitamin B1: 0.19mg (12.75%), Vitamin E: 1.89mg (12.62%), Fiber: 3.12g (12.49%), Vitamin B2: 0.21mg (12.43%), Potassium: 378.05mg (10.8%), Phosphorus: 101.75mg (10.17%), Vitamin B6: 0.18mg (8.98%), Vitamin B3: 1.49mg (7.46%), Magnesium: 25.19mg (6.3%), Zinc: 0.82mg (5.45%), Calcium: 51.56mg (5.16%), Vitamin B5: 0.44mg (4.38%), Selenium: 2.97µg (4.24%)