



Asparagus with Basil Pesto Mayonnaise

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 lb asparagus fresh
- ☐ 1 cup salad dressing
- ☐ 2 tablespoons basil pesto refrigerated
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon garlic clove finely chopped
- ☐ 1 leaves basil fresh

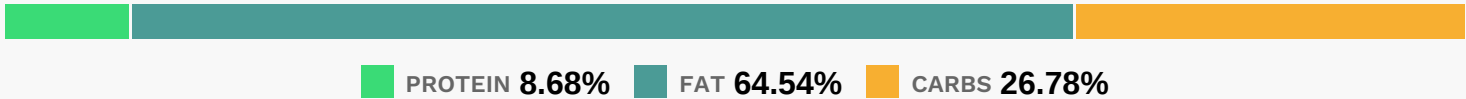
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Snap or cut off tough ends of asparagus spears. In 12-inch skillet, heat 1/2 inch water (salted if desired) to boiling.
- ☐ Add asparagus; reduce heat to medium-low. Cover; simmer 2 to 3 minutes or until crisp-tender.
- ☐ Drain. Plunge asparagus into bowl of ice water to cool; drain on paper towels. Refrigerate until ready to serve.
- ☐ In small bowl, mix remaining ingredients, except basil leaves.
- ☐ Spoon mayonnaise mixture into small serving bowl; garnish with basil leaves.
- ☐ Serve with blanched asparagus.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:3.9404347753557%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 52.57kcal (2.63%), Fat: 3.93g (6.05%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.74g (1%), Sugar: 2.46g (2.73%), Cholesterol: 0.42mg (0.14%), Sodium: 169.72mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 26.57µg (25.31%), Vitamin A: 375.54IU (7.51%), Folate: 22.3µg (5.58%), Vitamin E: 0.81mg (5.37%), Iron: 0.97mg (5.37%), Vitamin B1: 0.06mg (4.28%), Copper:

0.08mg (4.21%), Manganese: 0.08mg (3.77%), Fiber: 0.93g (3.71%), Vitamin B2: 0.06mg (3.61%), Vitamin C: 2.62mg (3.17%), Potassium: 99.97mg (2.86%), Phosphorus: 26.55mg (2.66%), Vitamin B6: 0.05mg (2.49%), Vitamin B3: 0.44mg (2.19%), Selenium: 1.4µg (1.99%), Calcium: 18.36mg (1.84%), Magnesium: 6.94mg (1.73%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.12mg (1.19%)