



Asparagus With Citrus Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh
- 8 servings garnish: chives fresh chopped
- 0.3 teaspoon dijon mustard
- 1 tablespoon chives fresh minced
- 0.5 cup mayonnaise light
- 2 teaspoons orange juice fresh
- 1 teaspoon orange rind grated
- 0.1 teaspoon pepper freshly ground

- 0.1 teaspoon salt
- 0.5 cup yogurt plain light sour

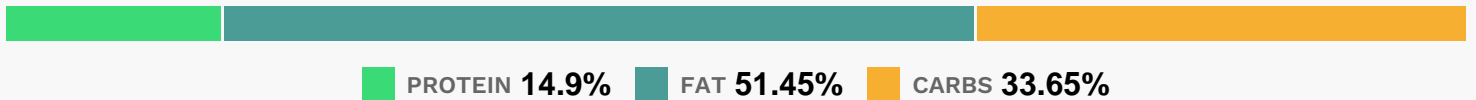
Equipment

- peeler
- steamer basket

Directions

- Stir together first 8 ingredients. Cover citrus sauce, and chill 1 hour.
- Snap off and discard tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- Fill an asparagus steamer with 2 inches water, and bring to a boil over medium-high heat.
- Place asparagus, cut ends down, in steamer basket; place basket in steamer, cover, and steam 6 to 7 minutes or just until asparagus spears are tender.
- Plunge asparagus into ice water to stop the cooking process; drain.
- Arrange asparagus spears on serving platter.
- Garnish citrus sauce, if desired, and serve with asparagus.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:9.9152173451755%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 6.56mg, Isorhamnetin: 6.56mg, Isorhamnetin: 6.56mg, Isorhamnetin: 6.56mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

Nutrients (% of daily need)

Calories: 77.17kcal (3.86%), Fat: 4.79g (7.37%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 4.58g (1.67%), Sugar: 2.84g (3.15%), Cholesterol: 7.27mg (2.42%), Sodium: 168.11mg (7.31%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 57.75µg (55%), Vitamin A: 978.93IU (19.58%), Folate: 63.17µg (15.79%), Iron: 2.49mg (13.83%), Vitamin B1: 0.17mg (11.49%), Copper: 0.22mg (11.15%), Vitamin E: 1.64mg (10.91%), Vitamin B2: 0.18mg (10.57%), Vitamin C: 8.49mg (10.3%), Fiber: 2.46g (9.84%), Manganese: 0.19mg (9.51%), Potassium: 272.64mg (7.79%), Phosphorus: 72.64mg (7.26%), Vitamin B3: 1.14mg (5.7%), Vitamin B6: 0.11mg (5.48%), Calcium: 50.44mg (5.04%), Selenium: 3.49µg (4.98%), Zinc: 0.7mg (4.7%), Magnesium: 18.55mg (4.64%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.06µg (1.01%)