

Asparagus with Cranberries and Pine Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus
- 0.3 cup cranberries dried
- 3 tablespoons olive oil
- 0.3 cup pinenuts
- 1 pinch salt

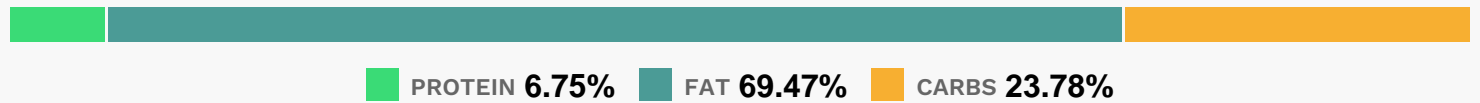
Equipment

- frying pan

Directions

- Break off or trim the woody ends from the asparagus and discard. Set the spears aside.
- Heat the olive oil in a skillet over medium heat. Stir in the pine nuts, cranberries, and salt. Cook and stir until the pine nuts start to look translucent, 5 to 6 minutes.
- Add the asparagus spears and cook, adding a little more olive oil if needed, until stalks are bright green and tender, about 5 to 8 minutes.
- Serve on a platter with the cranberries and nuts spooned over the top of the asparagus.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:14.062173926312%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg

Nutrients (% of daily need)

Calories: 222.14kcal (11.11%), Fat: 18.44g (28.37%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 10.89g (3.96%), Sugar: 9.85g (10.95%), Cholesterol: 0mg (0%), Sodium: 12.88mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Manganese: 1.19mg (59.74%), Vitamin K: 59.95µg (57.1%), Vitamin E: 4.05mg (26.97%), Copper: 0.37mg (18.37%), Iron: 3.13mg (17.38%), Vitamin A: 853.76IU (17.08%), Folate: 62.33µg (15.58%), Vitamin B1: 0.2mg (13.54%), Fiber: 3.31g (13.26%), Phosphorus: 124mg (12.4%), Magnesium: 44.39mg (11.1%), Vitamin B2: 0.19mg (11%), Zinc: 1.34mg (8.96%), Potassium: 299.47mg (8.56%), Vitamin B3: 1.65mg (8.25%), Vitamin C: 6.41mg (7.77%), Vitamin B6: 0.12mg (5.84%), Selenium: 2.73µg (3.9%), Vitamin B5: 0.37mg (3.65%), Calcium: 29.82mg (2.98%)