



## Asparagus with Cream Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

### Ingredients

- 2 cups water
- 2 pounds asparagus fresh trimmed
- 0.5 cup onion chopped
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 0.5 teaspoon salt

- 1 cup chicken broth
- 0.3 cup parsley fresh minced
- 2 tablespoons apple cider vinegar
- 1 teaspoon optional: dill
- 1 cup cream sour

## Equipment

- frying pan
- whisk

## Directions

- In a large skillet, bring water to a boil.
- Add asparagus; cover and boil for 3 minutes. meanwhile, in a small skillet, saute onion in butter until tender. Stir in the flour, garlic powder, lemon-pepper and salt until blended. Gradually stir in broth.
- Add the parsley, vinegar and dill.
- Bring to a boil; cook and stir 2 minutes or until thickened. Reduce heat to low; whisk in sour cream.
- Drain asparagus; arrange on a serving platter. Top with cream sauce.

## Nutrition Facts



## Properties

Glycemic Index:30.8, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:9.7904347829197%

## Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 14.32mg, Quercetin: 14.32mg, Quercetin: 14.32mg, Quercetin: 14.32mg

## Nutrients (% of daily need)

Calories: 96.5kcal (4.82%), Fat: 6.93g (10.67%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.97g (3.3%), Cholesterol: 20.06mg (6.69%), Sodium: 234.34mg (10.19%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.09g (6.18%), Vitamin K: 63.24µg (60.23%), Vitamin A: 1027.95IU (20.56%), Folate: 55.37µg (13.84%), Iron: 2.2mg (12.21%), Vitamin B2: 0.19mg (11.37%), Manganese: 0.22mg (10.8%), Vitamin B1: 0.16mg (10.51%), Copper: 0.2mg (9.94%), Vitamin C: 7.89mg (9.56%), Fiber: 2.21g (8.84%), Vitamin E: 1.2mg (8.03%), Phosphorus: 72.88mg (7.29%), Potassium: 247.02mg (7.06%), Vitamin B6: 0.11mg (5.46%), Vitamin B3: 1.08mg (5.42%), Calcium: 53.59mg (5.36%), Selenium: 3.69µg (5.28%), Magnesium: 18.38mg (4.59%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.36mg (3.59%)