



Asparagus with Curry Dip



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 3 lb asparagus fresh steamed
- ☐ 1 teaspoon celery seeds
- ☐ 1 tablespoon curry powder
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons catsup
- ☐ 2 cups mayonnaise

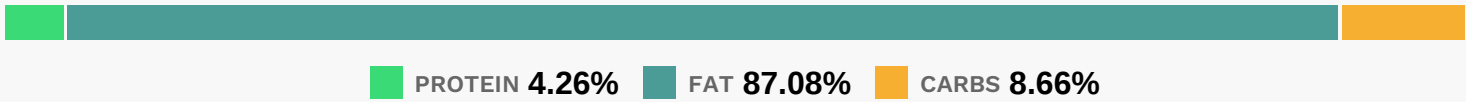
- ☐ 2 tablespoons mustard–mayonnaise sauce
- ☐ 2 teaspoons onion grated
- ☐ 10 servings salt to taste
- ☐ 1 tablespoon worcestershire sauce

Equipment

Directions

- ☐ Stir together mayonnaise, curry powder, mustard–mayonnaise sauce, ketchup, horseradish, Worcestershire sauce, onion, celery seeds, hot sauce, garlic, and salt to taste.
- ☐ Serve with steamed fresh asparagus.
- ☐ Note: We tested with Hellmann's Real Mayonnaise and Durkee Famous Sauce.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:14.060434797536%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Quercetin: 19.14mg, Quercetin: 19.14mg, Quercetin: 19.14mg

Nutrients (% of daily need)

Calories: 342.13kcal (17.11%), Fat: 33.93g (52.19%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.83g (4.25%), Cholesterol: 18.82mg (6.27%), Sodium: 580.87mg (25.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin K: 130.42µg (124.21%), Vitamin A: 1083.46IU (21.67%), Vitamin E: 3.2mg (21.32%), Iron: 3.44mg (19.1%), Folate: 75.52µg (18.88%), Copper: 0.28mg (14.18%), Manganese: 0.28mg (14.13%), Vitamin B1: 0.21mg (13.97%), Fiber: 3.28g (13.13%), Vitamin B2: 0.21mg (12.53%), Vitamin C: 8.87mg (10.76%), Potassium: 328.52mg (9.39%), Phosphorus: 89.48mg (8.95%), Selenium: 5.42µg (7.75%), Vitamin B6: 0.15mg (7.44%), Vitamin B3: 1.44mg (7.19%), Magnesium: 24.5mg (6.12%), Zinc: 0.89mg (5.9%), Calcium: 48.43mg (4.84%), Vitamin B5: 0.46mg (4.64%)