



Asparagus with Dill Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds asparagus
- 1 teaspoon dillweed dried
- 2 tablespoons juice of lemon
- 3 tablespoons juice of lemon
- 1 cup mayonnaise
- 1 tablespoon onion minced
- 8 ounce cup heavy whipping cream sour

Equipment

steamer basket

Directions

Combine first 5 ingredients; cover and chill.

Snap tough ends from asparagus. Arrange asparagus in a steamer basket over boiling water; cover and steam 4 to 5 minutes or until crisp-tender. Arrange asparagus on a serving platter; drizzle with 2 tablespoons lemon juice.

Serve with sauce.

Nutrition Facts

PROTEIN 5.03% **FAT 85.4%** **CARBS 9.57%**

Properties

Glycemic Index:4.36, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.9152174200053%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 87.07kcal (4.35%), Fat: 8.51g (13.1%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.36g (0.5%), Sugar: 1.14g (1.26%), Cholesterol: 9.12mg (3.04%), Sodium: 60.56mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin K: 29.84µg (28.42%), Vitamin A: 339.2IU (6.78%), Folate: 20.54µg (5.13%), Vitamin E: 0.74mg (4.95%), Iron: 0.82mg (4.58%), Vitamin B2: 0.07mg (4.05%), Vitamin C: 3.32mg (4.03%), Vitamin B1: 0.06mg (3.71%), Copper: 0.07mg (3.64%), Fiber: 0.78g (3.13%), Manganese: 0.06mg (3.07%), Phosphorus: 28.22mg (2.82%), Potassium: 91.43mg (2.61%), Vitamin B6: 0.04mg (2%), Selenium: 1.38µg (1.97%), Calcium: 19.57mg (1.96%), Vitamin B3: 0.37mg (1.84%), Magnesium: 6.48mg (1.62%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.15mg (1.5%)