



Asparagus with dipping sauces

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

Ingredients

- ☐ 24 asparagus trimmed
- ☐ 1 juice of lemon
- ☐ 85 g butter cut into small chunks
- ☐ 25 g parmesan finely grated (or vegetarian alternative)
- ☐ 0.5 to 5 chillies red
- ☐ 1 tsp brown sugar
- ☐ 1 juice of lime
- ☐ 1 tbsp soya sauce

- ☐ 2 tbsp sesame oil
- ☐ 2 garlic clove crushed
- ☐ 5 tbsp mayonnaise
- ☐ 1 tbsp olive oil

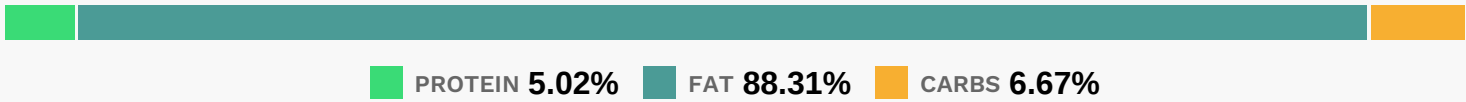
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mortar and pestle

Directions

- ☐ To make the Parmesan butter, tip the lemon juice into a small saucepan and, over a very low heat, add the butter. Melt and stir the butter into the lemon juice until you have a smooth sauce, add the Parmesan and season to taste, then set aside.
- ☐ To make the Asian dressing, using a pestle and mortar, crush the chilli with the brown sugar, then stir in the lime juice until the sugar has dissolved. Stir through the soy sauce and sesame oil, then set aside.
- ☐ For the garlic mayonnaise, mix all the ingredients together. Decant the sauces into 3 serving dishes.
- ☐ Bring a large pan of water to the boil and cook the asparagus for 2–3 mins until just tender.
- ☐ Drain well and serve steaming hot in a pile for everyone to help themselves and dip into the sauce of their choice.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:12.419999876748%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg,

Naringenin: 0.13mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg
Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.03mg, Myricetin:
0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg,
Quercetin: 13.51mg

Nutrients (% of daily need)

Calories: 419.93kcal (21%), Fat: 42.43g (65.27%), Saturated Fat: 15.49g (96.81%), Carbohydrates: 7.21g (2.4%), Net
Carbohydrates: 4.99g (1.82%), Sugar: 3.45g (3.83%), Cholesterol: 57.18mg (19.06%), Sodium: 600.87mg (26.12%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin K: 73.56µg (70.06%), Vitamin A:
1374.71IU (27.49%), Vitamin C: 19.08mg (23.13%), Vitamin E: 2.83mg (18.85%), Folate: 56.26µg (14.07%), Iron: 2.37mg
(13.19%), Phosphorus: 114.26mg (11.43%), Calcium: 110.12mg (11.01%), Manganese: 0.22mg (10.75%), Vitamin B2:
0.18mg (10.72%), Copper: 0.21mg (10.41%), Vitamin B1: 0.16mg (10.39%), Fiber: 2.22g (8.88%), Vitamin B6: 0.16mg
(7.89%), Potassium: 259.49mg (7.41%), Selenium: 4.53µg (6.46%), Vitamin B3: 1.24mg (6.21%), Magnesium: 21.38mg
(5.34%), Zinc: 0.8mg (5.31%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.13µg (2.2%)