



Asparagus with Feta and Oregano

 Vegetarian  Gluten Free

READY IN



6 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears trimmed
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

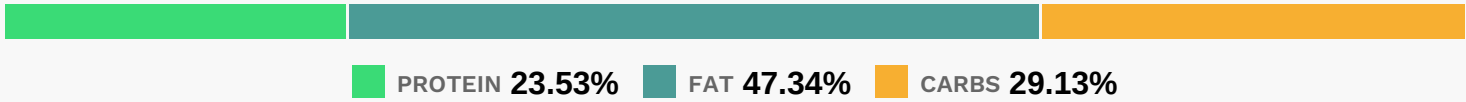
Equipment

- ☐ frying pan

Directions

- ☐ Bring 1 cup water to a boil in a large nonstick skillet; add asparagus. Cover, reduce heat, and simmer 4 to 5 minutes or until asparagus is crisp-tender.
- ☐ Drain well; place on a serving platter.
- ☐ Drizzle oil over asparagus.
- ☐ Sprinkle with oregano and salt; toss well.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:10.844347791827%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 67.29kcal (3.36%), Fat: 3.91g (6.01%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 2.71g (0.99%), Sugar: 2.16g (2.4%), Cholesterol: 11.35mg (3.78%), Sodium: 296.13mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin K: 52.67µg (50.16%), Vitamin A: 923.85IU (18.48%), Folate: 64.82µg (16.21%), Vitamin B2: 0.27mg (15.97%), Iron: 2.79mg (15.51%), Vitamin B1: 0.18mg (12.21%), Copper: 0.23mg (11.64%), Manganese: 0.22mg (11.03%), Fiber: 2.7g (10.8%), Vitamin E: 1.59mg (10.57%), Calcium: 103.92mg (10.39%), Phosphorus: 103.04mg (10.3%), Vitamin B6: 0.17mg (8.25%), Vitamin C: 6.37mg (7.72%), Potassium: 246.46mg (7.04%), Zinc: 1.01mg (6.71%), Selenium: 4.55µg (6.51%), Vitamin B3: 1.27mg (6.35%), Magnesium: 20.92mg (5.23%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.22µg (3.59%)