



Asparagus with Garlic Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

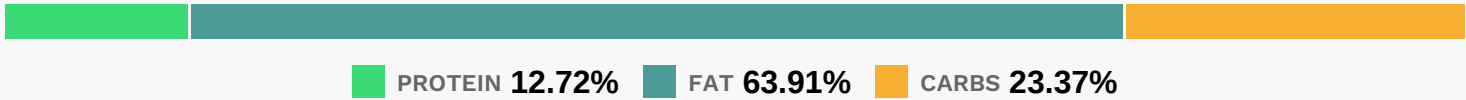
- ☐ 2 pounds asparagus fresh
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

Directions

- ☐
- Stir together first 7 ingredients. Cover and chill 8 hours.
- ☐
- Snap off tough ends of asparagus. Cook in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge asparagus into ice water to stop the cooking process; drain. Chill 8 hours, if desired.
- ☐
- Serve with garlic cream.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:4.918695650023%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 49.08kcal (2.45%), Fat: 3.76g (5.78%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 1.88g (0.69%), Sugar: 1.64g (1.83%), Cholesterol: 8.59mg (2.86%), Sodium: 42.74mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 24.39µg (23.23%), Vitamin A: 520.2IU (10.4%), Folate: 30.35µg (7.59%), Iron: 1.24mg (6.9%), Vitamin B2: 0.11mg (6.28%), Vitamin B1: 0.09mg (5.72%), Copper: 0.11mg (5.57%), Vitamin E: 0.82mg (5.48%), Manganese: 0.1mg (5.1%), Fiber: 1.21g (4.83%), Phosphorus: 42.85mg (4.28%), Vitamin C: 3.42mg (4.15%), Potassium: 137.36mg (3.92%), Vitamin B6: 0.06mg (3.16%), Calcium: 31.14mg (3.11%), Vitamin B3: 0.57mg (2.86%), Selenium: 1.92µg (2.74%), Magnesium: 9.77mg (2.44%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.21mg (2.13%)