



Asparagus with Gremolata

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

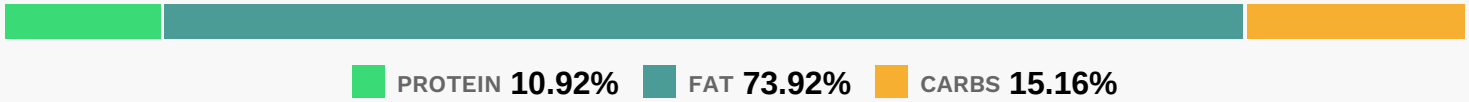
- ☐ 2 ounce anchovies green pitted drained for anchovies use
- ☐ 2.5 pounds asparagus trimmed thin
- ☐ 0.5 cup flat-leaf parsley generous
- ☐ 6 cloves garlic crushed
- ☐ 2 lemon zest
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 8 servings salt

Equipment

Directions

- ☐ Cook asparagus in shallow, simmering salted water 5 minutes.
- ☐ Drain, arrange on a platter and drizzle with extra-virgin olive oil.
- ☐ While asparagus cooks, make a pile of garlic, lemon zest, parsley and anchovies. Finely chop all of the ingredients together to form gremolata.
- ☐ Sprinkle the gremolata paste liberally over the hot asparagus with extra-virgin olive oil.
- ☐ Serve hot or room temperature.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:15.365652208743%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg, Quercetin: 19.87mg

Nutrients (% of daily need)

Calories: 166.8kcal (8.34%), Fat: 14.56g (22.4%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.78g (3.09%), Cholesterol: 4.25mg (1.42%), Sodium: 206.85mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin K: 128.94µg (122.8%), Vitamin A: 1392.01IU (27.84%), Vitamin E: 3.69mg (24.61%), Iron: 3.63mg (20.15%), Folate: 80.31µg (20.08%), Vitamin C: 15.56mg (18.86%), Copper: 0.3mg (14.84%), Vitamin B1: 0.22mg (14.35%), Manganese: 0.27mg (13.65%), Vitamin B2: 0.23mg (13.26%), Fiber: 3.31g (13.23%), Vitamin B3: 2.45mg (12.26%), Potassium: 345.85mg (9.88%), Phosphorus: 91.84mg (9.18%), Selenium: 6.18µg (8.83%), Vitamin B6: 0.17mg (8.65%), Zinc: 0.96mg (6.39%), Magnesium: 25.42mg (6.35%), Calcium: 55.96mg (5.6%), Vitamin B5: 0.47mg (4.67%)