



Asparagus with Gremolata

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- 0.3 cup parsley fresh italian chopped (flat-leaf)
- 2 cloves garlic
- 2 teaspoons lemon zest grated
- 1 lb asparagus fresh
- 2 tablespoons butter unsalted melted
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

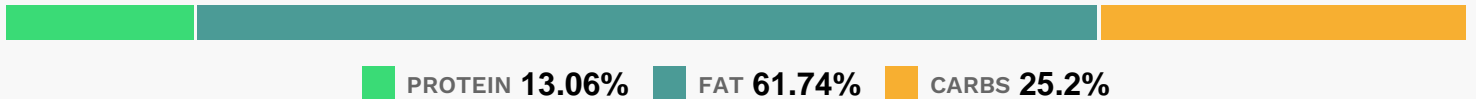
Equipment

- food processor
- bowl
- frying pan

Directions

- In food processor, place parsley and garlic. Cover; process until finely chopped.
- Transfer mixture to small bowl; stir in lemon peel. Set aside.
- Snap off tough ends of asparagus. In 12-inch skillet, heat 1 inch water (salted, if desired) to boiling.
- Add asparagus. Return to boiling; reduce heat to medium. Cover; cook 5 to 6 minutes or until crisp-tender.
- Drain.
- Arrange asparagus on serving plate.
- Drizzle with butter; sprinkle with salt and pepper.
- Sprinkle with gremolata.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:12.458260873738%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 77.24kcal (3.86%), Fat: 5.86g (9.01%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.23g (2.47%), Cholesterol: 15.05mg (5.02%), Sodium: 150.82mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin K: 109.39µg (104.18%), Vitamin A: 1349.44IU (26.99%), Folate: 65.07µg (16.27%), Vitamin C: 13.1mg (15.87%), Iron: 2.71mg (15.04%), Copper: 0.23mg

(11.41%), Manganese: 0.23mg (11.34%), Vitamin B1: 0.17mg (11.3%), Fiber: 2.67g (10.7%), Vitamin B2: 0.17mg (9.92%), Vitamin E: 1.48mg (9.85%), Potassium: 260.83mg (7.45%), Phosphorus: 65.43mg (6.54%), Vitamin B6: 0.13mg (6.37%), Vitamin B3: 1.18mg (5.89%), Magnesium: 18.63mg (4.66%), Zinc: 0.68mg (4.54%), Selenium: 2.91µg (4.15%), Calcium: 38.77mg (3.88%), Vitamin B5: 0.35mg (3.47%)