



WHATSheATE



Asparagus With Honey Horseradish Dijon Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup honey dijon dressing fat-free (such as Marzetti)
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 ounces romano cheese shaved

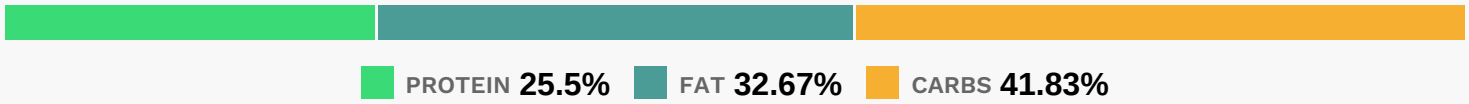
Equipment

- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ peeler

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients; set aside.
- ☐ Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired.
- ☐ Place asparagus in a roasting pan; coat with cooking spray.
- ☐ Bake at 400 for 5 minutes. Turn asparagus spears; bake an additional 10 minutes or until tender and lightly browned.
- ☐ Drizzle asparagus spears immediately with reserved dressing mixture; toss well.
- ☐ Sprinkle with pepper, and top with cheese.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:10.979999965948%

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: 113.06kcal (5.65%), Fat: 4.11g (6.33%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 9.14g (3.33%), Sugar: 5.7g (6.34%), Cholesterol: 14.74mg (4.91%), Sodium: 307.2mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin K: 47.8µg (45.52%), Vitamin A: 919.54IU (18.39%), Calcium: 183.05mg (18.31%), Phosphorus: 172.11mg (17.21%), Folate: 62.38µg (15.6%), Iron: 2.62mg (14.57%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.17mg (11.66%), Copper: 0.23mg (11.26%), Manganese: 0.22mg (10.92%),

Fiber: 2.7g (10.79%), Vitamin E: 1.33mg (8.86%), Vitamin C: 7.3mg (8.85%), Selenium: 6.05µg (8.64%), Potassium: 257.77mg (7.36%), Zinc: 1.03mg (6.9%), Magnesium: 24.71mg (6.18%), Vitamin B6: 0.12mg (6.05%), Vitamin B3: 1.16mg (5.78%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.16µg (2.65%)