



Asparagus with Honey Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus
- 0.3 cup honey
- 3 tablespoons dijon mustard
- 3 tablespoons juice of lemon
- 1 tablespoon vegetable oil

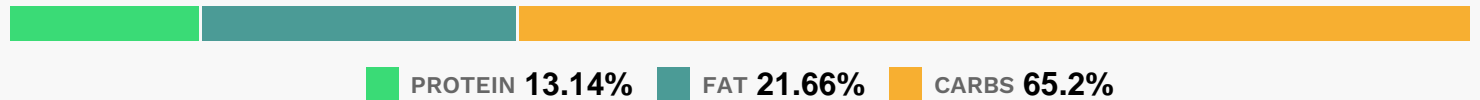
Equipment

- frying pan

Directions

- Snap off tough ends of asparagus spears.
- Heat 1 inch water (salted if desired) to boiling in 12-inch skillet.
- Add asparagus.
- Heat to boiling; reduce heat. Cover and simmer 8 to 12 minutes or until stalk ends are crisp-tender; drain.
- Shake remaining ingredients in tightly covered container.
- Drizzle over asparagus.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:6.95, Inflammation Score:-8, Nutrition Score:12.533478114916%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.17mg, Quercetin: 21.17mg, Quercetin: 21.17mg, Quercetin: 21.17mg

Nutrients (% of daily need)

Calories: 99.44kcal (4.97%), Fat: 2.72g (4.18%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 14.87g (5.41%), Sugar: 14.73g (16.37%), Cholesterol: 0mg (0%), Sodium: 86.16mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Vitamin K: 67.18µg (63.98%), Vitamin A: 1148.83IU (22.98%), Folate: 80.93µg (20.23%), Iron: 3.42mg (19%), Vitamin B1: 0.23mg (15.48%), Copper: 0.3mg (14.88%), Fiber: 3.55g (14.19%), Manganese: 0.28mg (14.12%), Vitamin C: 11.47mg (13.9%), Vitamin B2: 0.22mg (13.21%), Vitamin E: 1.93mg (12.88%), Potassium: 331.74mg (9.48%), Phosphorus: 87.89mg (8.79%), Selenium: 6.15µg (8.78%), Vitamin B3: 1.54mg (7.72%), Vitamin B6: 0.15mg (7.48%), Magnesium: 25.5mg (6.38%), Zinc: 0.9mg (6%), Vitamin B5: 0.46mg (4.56%), Calcium: 42.31mg (4.23%)