



 **69%**  
HEALTH SCORE

## Asparagus with Leeks and Parmesan

 **Gluten Free**  **Very Healthy**

READY IN



**18 min.**

SERVINGS



**4**

CALORIES



**79 kcal**

**SIDE DISH**

### Ingredients

- 1.3 pounds asparagus spears
- 0.1 teaspoon pepper black freshly ground
- 2 cups leeks thinly sliced ( 2)
- 1 teaspoon lemon rind grated
- 1 teaspoon olive oil
- 3 tablespoons preshredded parmesan cheese fresh
- 0.3 teaspoon salt

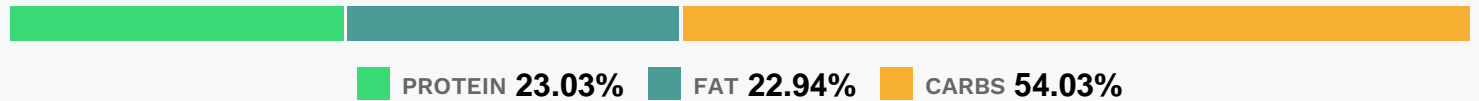
### Equipment

frying pan

## Directions

- Snap off tough ends of asparagus.
- Cut asparagus into 2-inch pieces.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add asparagus and leeks; saut 6 minutes or until asparagus is crisp-tender.
- Remove from heat.
- Sprinkle with cheese and remaining ingredients; toss well.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:15.429999781692%

## Flavonoids

Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg

## Nutrients (% of daily need)

Calories: 79.43kcal (3.97%), Fat: 2.28g (3.5%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 8.21g (2.99%), Sugar: 4.45g (4.95%), Cholesterol: 2.55mg (0.85%), Sodium: 217.21mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin K: 80.65µg (76.81%), Vitamin A: 1843.31IU (36.87%), Folate: 102.53µg (25.63%), Manganese: 0.45mg (22.36%), Iron: 4.02mg (22.31%), Vitamin C: 13.92mg (16.88%), Copper: 0.32mg (16.2%), Vitamin B1: 0.23mg (15.42%), Fiber: 3.85g (15.39%), Vitamin E: 2.17mg (14.44%), Vitamin B2: 0.23mg (13.3%), Vitamin B6: 0.24mg (11.86%), Phosphorus: 115.47mg (11.55%), Potassium: 371.55mg (10.62%), Calcium: 105.72mg (10.57%), Magnesium: 34.14mg (8.54%), Vitamin B3: 1.58mg (7.89%), Selenium: 4.56µg (6.51%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.47mg (4.7%)