



## Asparagus With Lemon

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

### Ingredients

- 2 pounds asparagus fresh
- 2 tablespoons butter
- 0.3 cup juice of lemon
- 8 servings parmesan cheese fresh shaved
- 0.5 teaspoon salt

### Equipment

- frying pan
- peeler

## Directions

- Snap off tough ends of asparagus; remove scales from stalks with a vegetable peeler, if desired.
- Cook asparagus in boiling water to cover 5 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- Melt butter in a skillet over medium heat; stir in lemon juice and salt.
- Add asparagus; cook just until heated.
- Transfer to a platter.
- Drizzle with sauce; sprinkle with shaved Parmesan cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:13.319130441417%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

## Nutrients (% of daily need)

Calories: 167.12kcal (8.36%), Fat: 10.72g (16.49%), Saturated Fat: 5.56g (34.72%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.56g (2.85%), Cholesterol: 20.4mg (6.8%), Sodium: 661.29mg (28.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Vitamin K: 47.68µg (45.41%), Calcium: 384.01mg (38.4%), Phosphorus: 268.58mg (26.86%), Vitamin A: 1217.24IU (24.34%), Folate: 62.63µg (15.66%), Vitamin B2: 0.26mg (15.41%), Iron: 2.68mg (14.89%), Selenium: 9.37µg (13.38%), Vitamin B1: 0.18mg (11.74%), Vitamin C: 9.31mg (11.28%), Copper: 0.23mg (11.26%), Vitamin E: 1.47mg (9.78%), Fiber: 2.4g (9.62%), Zinc: 1.44mg (9.61%), Manganese: 0.19mg (9.32%), Potassium: 266.02mg (7.6%), Magnesium: 29.64mg (7.41%), Vitamin B6: 0.13mg (6.72%), Vitamin B12: 0.36µg (6.06%), Vitamin B3: 1.2mg (5.99%), Vitamin B5: 0.46mg (4.6%)