



WHATSheATE



Asparagus with Lemon and Pecorino



Gluten Free

READY IN



14 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 ounce pecorino romano cheese shaved
- ☐ 0.1 teaspoon salt

Equipment

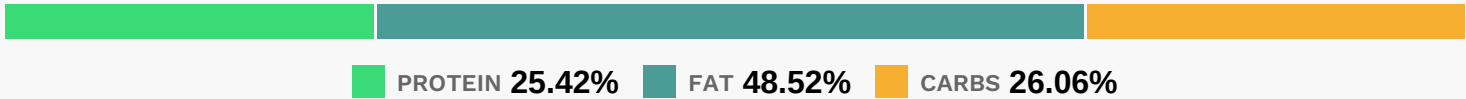
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add asparagus; cook for 2 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add asparagus; cook 1 minute.
- ☐ Sprinkle evenly with lemon rind, pepper, and salt; toss to coat.
- ☐ Sprinkle asparagus with pecorino Romano cheese.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:9.8221738694803%

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: 68.57kcal (3.43%), Fat: 4.05g (6.23%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 2.38g (0.86%), Sugar: 2.23g (2.47%), Cholesterol: 7.37mg (2.46%), Sodium: 160.11mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.55%), Vitamin K: 48.74µg (46.42%), Vitamin A: 887.89IU (17.76%), Folate: 59.61µg (14.9%), Iron: 2.51mg (13.96%), Phosphorus: 113.15mg (11.31%), Vitamin B1: 0.17mg (11.03%), Vitamin B2: 0.19mg (11.01%), Copper: 0.22mg (10.95%), Vitamin E: 1.59mg (10.6%), Calcium: 104.58mg (10.46%), Fiber: 2.52g (10.08%), Manganese: 0.2mg (9.84%), Vitamin C: 7.64mg (9.26%), Potassium: 238.46mg (6.81%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.57%), Zinc: 0.8mg (5.33%), Selenium: 3.65µg (5.21%), Magnesium: 19.15mg (4.79%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.08µg (1.32%)