



Asparagus with Lemon Butter



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 0.3 cup butter
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 servings garnish: lemon rind strips
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

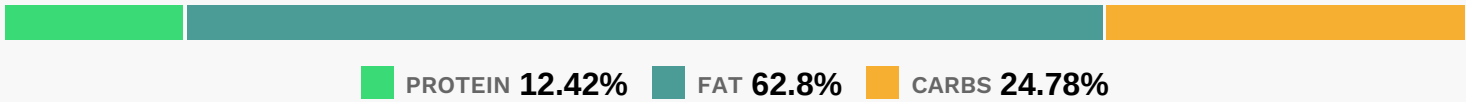
Equipment

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Snap off tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- ☐ Melt butter in a skillet; add asparagus, and saut 3 minutes or until crisp-tender.
- ☐ Add salt and pepper; remove from heat. Toss with lemon rind and juice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:12.371739124474%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 101.46kcal (5.07%), Fat: 7.83g (12.04%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 3.58g (1.3%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 286.21mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 63.17µg (60.16%), Vitamin A: 1483.5IU (29.67%), Folate: 80.93µg (20.23%), Iron: 3.27mg (18.17%), Vitamin C: 13.97mg (16.93%), Vitamin B1: 0.22mg (14.7%), Copper: 0.29mg (14.54%), Fiber: 3.38g (13.5%), Vitamin E: 2.02mg (13.48%), Manganese: 0.26mg (13.09%), Vitamin B2: 0.22mg (12.91%), Potassium: 324.04mg (9.26%), Phosphorus: 82.02mg (8.2%), Vitamin B3: 1.5mg (7.48%), Vitamin B6: 0.15mg (7.28%), Magnesium: 22.53mg (5.63%), Zinc: 0.83mg (5.51%), Selenium: 3.5µg (5.01%), Vitamin B5: 0.44mg (4.42%), Calcium: 42.2mg (4.22%)