



Asparagus with Lime and Ginger

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

Ingredients

- 1.5 pounds asparagus fresh trimmed
- 1 tablespoon cilantro leaves fresh chopped
- 1.5 teaspoons ginger fresh minced
- 4 servings pepper black to taste
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest grated
- 6 tablespoons vegetable oil
- 0.5 teaspoon granulated sugar white




Equipment

- bowl
- frying pan
- whisk

Directions

- Pour about 1 inch of water into the bottom half of a steamer pan set, and place over medium heat.
- Place the asparagus in the top half of the steamer pan set; steam until tender, 4 to 5 minutes.
- Remove the asparagus and arrange on a serving platter.
- Whisk the lime juice, lime zest, cilantro, ginger, and sugar together in a bowl; stream the vegetable oil into the mixture while whisking. Season with salt and pepper.
- Drizzle over the asparagus.

Nutrition Facts

 **PROTEIN 6.54%**  **FAT 79.74%**  **CARBS 13.72%**

Properties

Glycemic Index:53.27, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:15.039130459661%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.87mg, Quercetin: 23.87mg, Quercetin: 23.87mg, Quercetin: 23.87mg

Nutrients (% of daily need)

Calories: 219.18kcal (10.96%), Fat: 20.62g (31.73%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.85g (4.27%), Cholesterol: 0mg (0%), Sodium: 3.73mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin K: 108.8µg (103.62%), Vitamin A: 1297.23IU (25.94%), Vitamin E: 3.61mg (24.09%), Folate: 89.4µg (22.35%), Iron: 3.67mg (20.39%), Vitamin B1: 0.25mg (16.38%), Copper: 0.33mg (16.36%), Fiber: 3.66g (14.64%), Vitamin C: 11.99mg (14.53%), Manganese: 0.29mg

(14.25%), Vitamin B2: 0.24mg (14.22%), Potassium: 357.85mg (10.22%), Phosphorus: 90.05mg (9.01%), Vitamin B3: 1.68mg (8.42%), Vitamin B6: 0.16mg (7.97%), Magnesium: 24.96mg (6.24%), Zinc: 0.93mg (6.2%), Selenium: 3.94µg (5.62%), Vitamin B5: 0.48mg (4.8%), Calcium: 42.67mg (4.27%)