



Asparagus with Lime and Mint

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed
- 1.5 tablespoons olive oil extra virgin
- 4 servings kosher salt
- 4 servings ground pepper fresh
- 1 limes fresh (yielding a total of)
- 1 teaspoon mint leaves fresh chopped cut in a chiffonade*

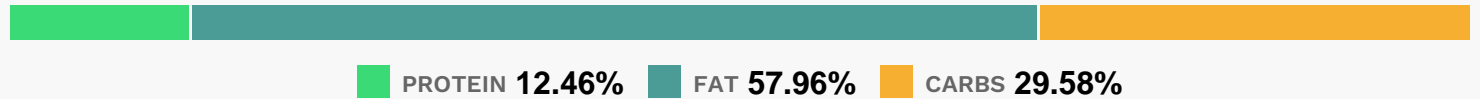
Equipment

- frying pan

Directions

- Heat the oil in a wide sauté or frying pan on medium-high. When the oil is hot, add the asparagus and sprinkle with salt and pepper to taste, cooking for about 5–6 minutes until just cooked through, but still with some firmness.
- Sprinkle with lime juice and mint: Put on a plate and squeeze lime juice over the asparagus and sprinkle on the mint.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:9.5386955841728%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

Nutrients (% of daily need)

Calories: 74.38kcal (3.72%), Fat: 5.42g (8.34%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.42g (2.68%), Cholesterol: 0mg (0%), Sodium: 196.53mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin K: 50.6µg (48.19%), Vitamin A: 867.27IU (17.35%), Folate: 60.35µg (15.09%), Iron: 2.57mg (14.27%), Vitamin E: 2.08mg (13.84%), Vitamin C: 11.23mg (13.62%), Fiber: 2.88g (11.51%), Copper: 0.23mg (11.34%), Vitamin B1: 0.17mg (11.15%), Manganese: 0.19mg (9.7%), Vitamin B2: 0.16mg (9.62%), Potassium: 247.71mg (7.08%), Phosphorus: 62.16mg (6.22%), Vitamin B3: 1.14mg (5.72%), Vitamin B6: 0.11mg (5.54%), Magnesium: 17.08mg (4.27%), Zinc: 0.63mg (4.22%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.35mg (3.49%), Calcium: 33.42mg (3.34%)