



## Asparagus with Maple-Mustard Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

### Ingredients

- 2 lb asparagus
- 2 tablespoons maple syrup
- 2 tablespoons dijon mustard
- 2 tablespoons vegetable oil

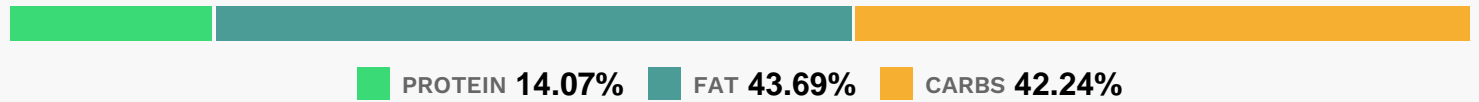
### Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Snap off tough ends of asparagus spears. In 12-inch skillet or 4-quart Dutch oven, heat 1 inch water to boiling.
- Add asparagus.
- Heat to boiling; reduce heat to medium. Cover and cook 4 to 5 minutes or until asparagus is crisp-tender; drain.
- In small bowl, mix maple syrup, mustard and oil.
- Drizzle over asparagus.

## Nutrition Facts



## Properties

Glycemic Index:12.56, Glycemic Load:1.89, Inflammation Score:-7, Nutrition Score:9.6530434877976%

## 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: 68.52kcal (3.43%), Fat: 3.66g (5.64%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 5.43g (1.97%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 43.97mg (1.91%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin K: 53.48µg (50.94%), Vitamin A: 859.95IU (17.2%), Manganese: 0.31mg (15.49%), Folate: 59.23µg (14.81%), Iron: 2.49mg (13.85%), Vitamin B2: 0.23mg (13.29%), Vitamin B1: 0.17mg (11.5%), Copper: 0.22mg (10.85%), Vitamin E: 1.57mg (10.48%), Fiber: 2.54g (10.17%), Vitamin C: 6.37mg (7.72%), Potassium: 245.94mg (7.03%), Phosphorus: 63.02mg (6.3%), Vitamin B3: 1.13mg (5.67%), Selenium: 3.88µg (5.55%), Vitamin B6: 0.11mg (5.29%), Magnesium: 18.73mg (4.68%), Zinc: 0.67mg (4.48%), Calcium: 35.03mg (3.5%), Vitamin B5: 0.32mg (3.22%)