



Asparagus with Morels and Tarragon

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus green trimmed cut into 2-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 pound morel mushrooms fresh cleaned halved lengthwise
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots finely chopped (2 large)
- ☐ 6 servings tarragon fresh chopped

- ☐ 6 tablespoons butter unsalted cut into tablespoon pieces
- ☐ 1 pound asparagus white trimmed peeled cut into 2-inch pieces

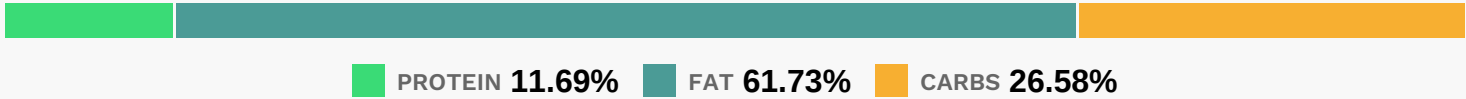
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cook white and green asparagus separately in a 5- to 6-quart pot of boiling salted water, uncovered, until just tender, about 5 minutes for white asparagus; about 3 minutes for green asparagus.
- ☐ Transfer asparagus with a slotted spoon to a colander and rinse under cold water (to stop cooking), then drain again. Pat dry.
- ☐ Heat 3 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté shallots, stirring, until golden brown, about 2 minutes.
- ☐ Add morels and sauté, stirring frequently, until tender, about 5 minutes.
- ☐ Add asparagus, tarragon, salt, pepper, and remaining 3 tablespoons butter and sauté, stirring, until heated through, about 3 minutes.
- ☐ Remove from heat and stir in lemon juice.
- ☐ Serve immediately.
- ☐ Asparagus can be boiled 1 day ahead and chilled in a sealed plastic bag lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:16.708695511455%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg

Nutrients (% of daily need)

Calories: 157.82kcal (7.89%), Fat: 11.83g (18.2%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 6.94g (2.52%), Sugar: 4.58g (5.09%), Cholesterol: 30.1mg (10.03%), Sodium: 206.07mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin K: 64.17µg (61.12%), Iron: 6.49mg (36.05%), Vitamin A: 1585.31IU (31.71%), Manganese: 0.59mg (29.6%), Folate: 93.9µg (23.47%), Copper: 0.44mg (21.99%), Fiber: 4.52g (18.1%), Vitamin B2: 0.29mg (17.07%), Vitamin B1: 0.25mg (16.53%), Potassium: 521.46mg (14.9%), Vitamin C: 12.1mg (14.66%), Vitamin B6: 0.29mg (14.27%), Phosphorus: 137.59mg (13.76%), Vitamin E: 2.05mg (13.64%), Vitamin B3: 2.15mg (10.73%), Magnesium: 36.99mg (9.25%), Zinc: 1.38mg (9.19%), Calcium: 80.39mg (8.04%), Vitamin D: 1.17µg (7.83%), Selenium: 4.37µg (6.25%), Vitamin B5: 0.57mg (5.74%)