



## Asparagus With Mushrooms and Bacon

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

### Ingredients

- 2 pounds asparagus fresh
- 8 slices bacon
- 0.5 teaspoon pepper black freshly ground
- 0.1 tsp pepper dried red crushed
- 0.3 teaspoon salt
- 0.3 cup shallots chopped
- 7 oz mushroom caps sliced

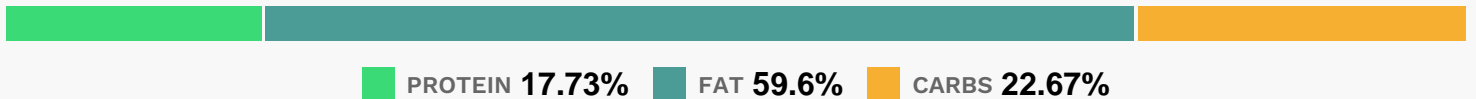
### Equipment

- frying pan
- paper towels
- dutch oven

## Directions

- Snap off and discard tough ends of asparagus.
- Cut asparagus into 1 1/2- inch pieces. Cook asparagus in boiling salted water to cover in a Dutch oven over medium-high heat 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- Cook bacon in a large skillet over medium-low heat until crisp; remove bacon, and drain on paper towels, reserving 1 1/2 Tbsp. drippings in skillet. Discard remaining drippings. Crumble bacon.
- Saut mushrooms and shallots in hot drippings over medium-high heat 5 minutes or until shallots are tender.
- Add asparagus and crushed red pepper; saut 1 to 2 minutes or until thoroughly heated. Stir in crumbled bacon, 1/2 tsp. black pepper, and 1/4 tsp. salt.

## Nutrition Facts



## Properties

Glycemic Index:15.75, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:11.870434755864%

## 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: 128.58kcal (6.43%), Fat: 9.01g (13.85%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 4.42g (1.61%), Sugar: 3.31g (3.67%), Cholesterol: 14.52mg (4.84%), Sodium: 224.24mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin K: 47.47µg (45.21%), Vitamin A: 875.67IU (17.51%), Folate: 64.74µg (16.18%), Vitamin B1: 0.23mg (15.42%), Iron: 2.73mg (15.14%), Vitamin B3: 2.98mg (14.88%), Manganese: 0.28mg (13.84%), Vitamin B2: 0.23mg (13.74%), Copper: 0.27mg (13.37%), Fiber: 3.28g (13.12%), Vitamin B6: 0.26mg (13.05%), Phosphorus: 123.16mg (12.32%), Selenium: 8.55µg (12.21%), Potassium:

375.01mg (10.71%), Vitamin E: 1.39mg (9.28%), Vitamin C: 6.94mg (8.41%), Vitamin B5: 0.83mg (8.28%), Zinc: 1.16mg (7.73%), Magnesium: 25.29mg (6.32%), Calcium: 32.25mg (3.22%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.19µg (1.25%)