



Asparagus with Olive Gremolata

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- 2.5 pounds asparagus spears chilled steamed trimmed
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 1 tablespoon lemon rind grated
- 2 ounces picholine olives pitted
- 0.3 teaspoon salt

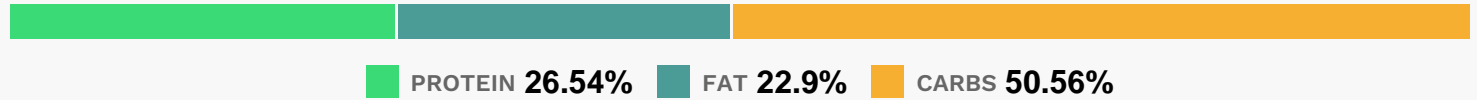
Equipment

food processor

Directions

- To prepare gremolata, place olives in a food processor; pulse 3 times or until finely chopped.
- Add parsley, lemon rind, salt, and garlic. Pulse 2 times or until mixture is combined.
- Serve gremolata over asparagus; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:13.884347811989%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 19.84mg, Quercetin: 19.84mg, Quercetin: 19.84mg, Quercetin: 19.84mg

Nutrients (% of daily need)

Calories: 41.6kcal (2.08%), Fat: 1.29g (1.99%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 188.35mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin K: 120.68µg (114.93%), Vitamin A: 1416.15IU (28.32%), Folate: 79.75µg (19.94%), Iron: 3.33mg (18.48%), Vitamin C: 14.13mg (17.12%), Copper: 0.29mg (14.29%), Vitamin B1: 0.21mg (13.96%), Fiber: 3.45g (13.78%), Vitamin E: 1.9mg (12.69%), Manganese: 0.25mg (12.53%), Vitamin B2: 0.21mg (12.09%), Potassium: 315.14mg (9%), Phosphorus: 77.5mg (7.75%), Vitamin B3: 1.46mg (7.31%), Vitamin B6: 0.15mg (7.27%), Magnesium: 22.91mg (5.73%), Zinc: 0.82mg (5.47%), Selenium: 3.44µg (4.92%), Calcium: 45.56mg (4.56%), Vitamin B5: 0.41mg (4.13%)