



Asparagus with Olive Tapenade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1 fillet anchovy
- 1 pound asparagus trimmed
- 2 tablespoons basil fresh minced
- 0.5 teaspoon thyme leaves fresh
- 1 garlic clove
- 0.8 ounce kalamata olives pitted
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil

- 0.8 ounce castelvetro olive
- 0.1 teaspoon pepper

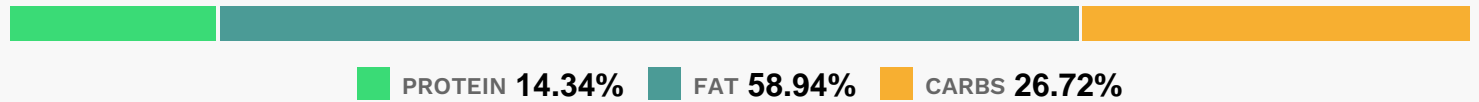
Equipment

- food processor
- frying pan

Directions

- Combine basil, lemon juice, 1 tablespoon olive oil, thyme leaves, Castelvetrano olives, kalamata olives, anchovy, and garlic in a mini food processor; pulse to combine.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add asparagus; saut 6 minutes.
- Sprinkle with pepper. Top with olive mixture.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:9.8930433875193%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 72.93kcal (3.65%), Fat: 5.34g (8.21%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.29g (2.55%), Cholesterol: 0.6mg (0.2%), Sodium: 169.46mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin K: 53.7µg (51.14%), Vitamin A: 964.83IU (19.3%), Folate: 60.95µg (15.24%), Vitamin E: 2.21mg (14.74%), Iron: 2.63mg (14.6%), Copper: 0.24mg (11.91%), Fiber: 2.83g (11.3%), Vitamin B1: 0.17mg (11.19%), Manganese: 0.22mg (10.83%), Vitamin C: 8.62mg (10.44%), Vitamin B2:

0.17mg (9.8%), Potassium: 249.57mg (7.13%), Vitamin B3: 1.3mg (6.49%), Phosphorus: 63.5mg (6.35%), Vitamin B6: 0.12mg (6.08%), Magnesium: 19.01mg (4.75%), Selenium: 3.19µg (4.55%), Zinc: 0.66mg (4.38%), Calcium: 38.89mg (3.89%), Vitamin B5: 0.33mg (3.33%)