



## Asparagus with Orange Dressing and Toasted Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 lb asparagus
- ☐ 2 tablespoons hazelnuts finely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons orange juice fresh
- ☐ 0.3 teaspoon orange zest freshly grated

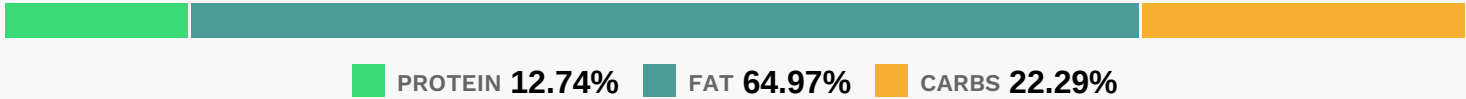
### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ colander
- ☐ peeler

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Toast hazelnuts in a small shallow baking pan until golden, 4 to 5 minutes. Trim woody ends from asparagus and, if desired, peel lower 2 inches of stems with a vegetable peeler. Cook asparagus in a large saucepan of boiling salted water until crisp-tender, about 6 minutes, and drain well in a colander.
- ☐ Whisk together remaining ingredients except nuts with salt and pepper to taste.
- ☐ Transfer hot asparagus to plates. Spoon orange dressing over top and sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:24.75, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:15.310434797536%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg

Nutrients (% of daily need)

Calories: 129.27kcal (6.46%), Fat: 10.25g (15.78%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 3.84g (1.39%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 3.59mg (0.16%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin K: 75.69µg (72.08%), Manganese: 0.58mg (28.91%), Vitamin A: 1294.53IU (25.89%), Vitamin E: 3.68mg (24.56%), Folate: 95.44µg (23.86%), Iron: 3.92mg (21.8%), Copper: 0.41mg (20.47%), Vitamin B1: 0.28mg (18.6%), Fiber: 4.08g (16.32%), Vitamin C: 12.24mg (14.84%), Vitamin B2: 0.25mg (14.52%), Potassium: 386.22mg (11.03%), Phosphorus: 103.67mg (10.37%), Vitamin B6: 0.19mg (9.26%), Vitamin B3: 1.77mg (8.85%), Magnesium: 32.45mg (8.11%), Zinc: 1.04mg (6.96%), Selenium: 4.04µg (5.77%), Vitamin B5: 0.52mg (5.21%), Calcium: 47.25mg (4.73%)