



Asparagus With Pimientos

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 ounce pimientos diced drained
- ☐ 3 tablespoons butter unsalted

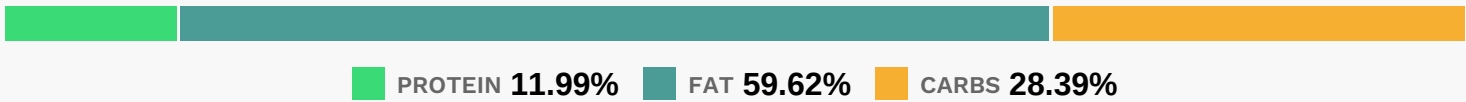
Equipment

- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Snap off tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- ☐ Cook asparagus in boiling salted water to cover in a large saucepan 4 to 5 minutes or until tender;.
- ☐ Melt butter in saucepan over medium-high heat; add dry breadcrumbs, and cook, stirring constantly, 2 minutes or until browned.
- ☐ Add asparagus, and toss gently.
- ☐ Sprinkle each serving with cheese and pimientos.
- ☐ *Substitute 2 (9-ounce) packages frozen asparagus spears, cooked according to package directions.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:12.054782634196%

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: 139.12kcal (6.96%), Fat: 9.76g (15.02%), Saturated Fat: 5.92g (36.97%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 7.45g (2.71%), Sugar: 3.03g (3.37%), Cholesterol: 24.75mg (8.25%), Sodium: 98.99mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.83%), Vitamin K: 49.84µg (47.47%), Vitamin A: 1517.65IU (30.35%), Vitamin C: 21.09mg (25.57%), Iron: 3.06mg (16.99%), Folate: 67.65µg (16.91%), Vitamin B1: 0.23mg (15.44%), Manganese: 0.26mg (12.84%), Vitamin B2: 0.21mg (12.33%), Copper: 0.24mg (12.14%), Fiber: 3.01g (12.04%), Vitamin E: 1.66mg (11.08%), Phosphorus: 91.45mg (9.15%), Vitamin B3: 1.67mg (8.35%), Potassium: 276.77mg (7.91%), Selenium: 5.32µg (7.6%), Vitamin B6: 0.15mg (7.55%), Calcium: 65.18mg (6.52%), Zinc: 0.86mg (5.74%), Magnesium: 20.86mg (5.21%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.08µg (1.25%), Vitamin D: 0.17µg (1.13%)