



Asparagus with Pimientos

READY IN



15 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh trimmed
- 3 tablespoons butter
- 0.3 cup breadcrumbs dry
- 2 tablespoons parmesan cheese grated
- 2 tablespoons pimientos chopped

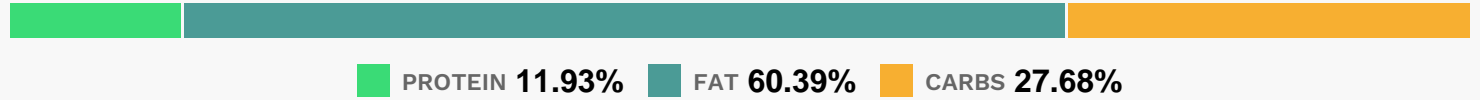
Equipment

- frying pan
- sauce pan

Directions

- In a saucepan over medium heat, cook asparagus in boiling salted water until tender, about 8 minutes. Meanwhile, in a skillet, brown bread crumbs in butter.
- Drain asparagus; place in a serving dish.
- Sprinkle with crumbs, cheese and pimientos.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:7.5021738848932%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 91.5kcal (4.58%), Fat: 6.49g (9.99%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 4.79g (1.74%), Sugar: 1.87g (2.08%), Cholesterol: 16.5mg (5.5%), Sodium: 109.48mg (4.76%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Vitamin K: 32.77µg (31.21%), Vitamin A: 893.62IU (17.87%), Vitamin C: 9.43mg (11.43%), Folate: 44.79µg (11.2%), Iron: 1.95mg (10.82%), Vitamin B1: 0.15mg (10.23%), Manganese: 0.17mg (8.34%), Vitamin B2: 0.14mg (8.03%), Copper: 0.16mg (7.9%), Fiber: 1.91g (7.62%), Vitamin E: 1.07mg (7.14%), Phosphorus: 60.03mg (6%), Vitamin B3: 1.08mg (5.4%), Selenium: 3.54µg (5.05%), Potassium: 175.93mg (5.03%), Vitamin B6: 0.09mg (4.45%), Calcium: 43.14mg (4.31%), Zinc: 0.56mg (3.76%), Magnesium: 13.59mg (3.4%), Vitamin B5: 0.25mg (2.46%)