



Asparagus with Red Pepper and Manchego

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons canola oil
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 ounce manchego cheese shaved
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 0.3 teaspoon paprika smoked hot

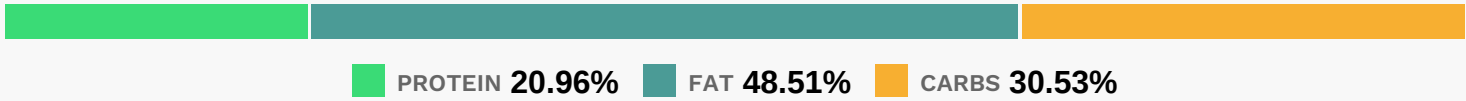
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add canola oil; swirl to coat.
- ☐ Add asparagus; cook 5 minutes, stirring occasionally.
- ☐ Add bell pepper, paprika, black pepper, and salt; cook 2 minutes. Top with Manchego cheese.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:14.233478141868%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

Nutrients (% of daily need)

Calories: 81.12kcal (4.06%), Fat: 4.8g (7.38%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 3.55g (1.29%), Sugar: 3.71g (4.12%), Cholesterol: 7.58mg (2.53%), Sodium: 119.56mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin C: 54.03mg (65.49%), Vitamin K: 50.73µg (48.31%), Vitamin A: 2124.82IU (42.5%), Folate: 76.18µg (19.05%), Vitamin E: 2.26mg (15.05%), Iron: 2.63mg (14.59%), Fiber: 3.24g (12.96%), Vitamin B1: 0.18mg (12.19%), Manganese: 0.24mg (11.95%), Vitamin B2: 0.19mg (11.37%), Copper: 0.22mg (11.16%), Vitamin B6: 0.21mg (10.73%), Calcium: 106.54mg (10.65%), Potassium: 312.19mg (8.92%), Vitamin B3: 1.49mg (7.44%), Phosphorus: 69.24mg (6.92%), Magnesium: 20.78mg (5.2%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.43mg (4.34%), Selenium: 2.66µg (3.8%)