



Asparagus with Roasted-Garlic Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 lb asparagus trimmed
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1.5 cups mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 medium heads garlic clove whole

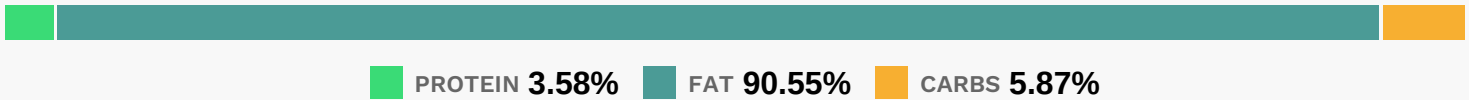
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ colander
- ☐ peeler

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Cut off and discard tops of garlic heads to expose cloves, then brush each head with 1/2 tablespoon oil. Wrap heads together in foil and bake until tender, about 45 minutes. Cool to warm.
- ☐ Squeeze garlic from skins into a food processor and purée with mayonnaise, vinegar, pepper, and salt.
- ☐ Transfer aioli to a bowl and stir in chives.
- ☐ Peel lower two thirds of each asparagus stalk with a vegetable peeler. Cook asparagus in a wide 6- to 8-quart pot of boiling salted water, uncovered, until crisp-tender, about 5 minutes.
- ☐ Drain well in a colander and rinse under cold water until asparagus is cool.
- ☐ Drain and pat dry with paper towels.
- ☐ Serve asparagus with roasted-garlic aioli.
- ☐ ·Aioli can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.·Asparagus can be cooked 2 hours ahead and kept, covered with dampened paper towels, at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:12.042173846908%

Flavonoids

Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg, Isorhamnetin: 6.54mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg, Quercetin: 15.91mg

Nutrients (% of daily need)

Calories: 325.04kcal (16.25%), Fat: 33.32g (51.25%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 2.42g (0.88%), Sugar: 2.4g (2.67%), Cholesterol: 17.64mg (5.88%), Sodium: 341.84mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Vitamin K: 119.29µg (113.61%), Vitamin E: 2.91mg (19.43%), Vitamin A: 934.27IU (18.69%), Folate: 62.28µg (15.57%), Iron: 2.56mg (14.23%), Copper: 0.23mg (11.33%), Vitamin B1: 0.17mg (11.19%), Manganese: 0.21mg (10.49%), Vitamin B2: 0.17mg (9.98%), Fiber: 2.45g (9.79%), Vitamin C: 7.08mg (8.58%), Potassium: 244.4mg (6.98%), Phosphorus: 69.12mg (6.91%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.58%), Selenium: 3.63µg (5.18%), Zinc: 0.69mg (4.58%), Magnesium: 17.11mg (4.28%), Vitamin B5: 0.39mg (3.9%), Calcium: 32.77mg (3.28%)