

## Asparagus with Roasted Garlic Sauce

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



75 min.

SERVINGS



3

CALORIES



108 kcal

SIDE DISH

### Ingredients

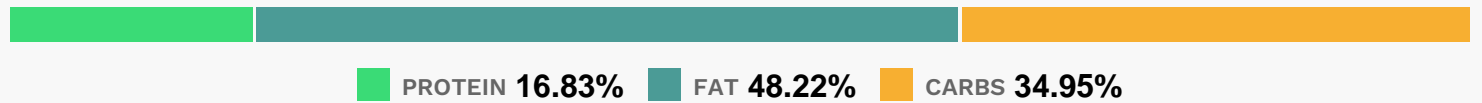
- 1 pound asparagus
- 3 juice of lemon
- 0.5 head roasted garlic
- 3 servings salt to taste
- 0.3 cup walnuts
- 1 tablespoon water

### Equipment

# Directions

- Add half a head of roasted garlic, the lemon juice, and the water and continue to puree.
- Add salt to taste. Prepare the asparagus by snapping off the tough ends (just hold a spear at the bottom and in the middle, and it should snap off in the right spot). Steam them lightly for 3 minutes or until they are bright green and just starting to become tender.
- Place them in a serving dish, and toss them with the roasted garlic sauce.
- Serve, trying not to fight over the last spear on the plate!

# Nutrition Facts



# Properties

Glycemic Index:27.33, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:15.179999849071%

# Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 21.33mg, Quercetin: 21.33mg, Quercetin: 21.33mg, Quercetin: 21.33mg

# Nutrients (% of daily need)

Calories: 107.56kcal (5.38%), Fat: 6.63g (10.21%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 6.8g (2.47%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 198.35mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin K: 63.24µg (60.23%), Manganese: 0.65mg (32.69%), Vitamin C: 21.66mg (26.25%), Folate: 94.32µg (23.58%), Copper: 0.46mg (23.02%), Vitamin A: 1147.22IU (22.94%), Iron: 3.62mg (20.14%), Vitamin B1: 0.27mg (17.73%), Fiber: 4.02g (16.07%), Vitamin B2: 0.24mg (13.97%), Vitamin B6: 0.26mg (13.08%), Phosphorus: 121.9mg (12.19%), Vitamin E: 1.83mg (12.17%), Potassium: 398.07mg (11.37%), Magnesium: 39.59mg (9.9%), Vitamin B3: 1.65mg (8.24%), Zinc: 1.19mg (7.92%), Selenium: 4.65µg (6.64%), Calcium: 56.36mg (5.64%), Vitamin B5: 0.54mg (5.37%)