



Asparagus with Sesame Butter

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh
- 0.3 cup butter cubed
- 1 tablespoon cornstarch
- 0.5 teaspoon salt
- 3 tablespoons sesame seed toasted
- 0.3 cup water cold

Equipment

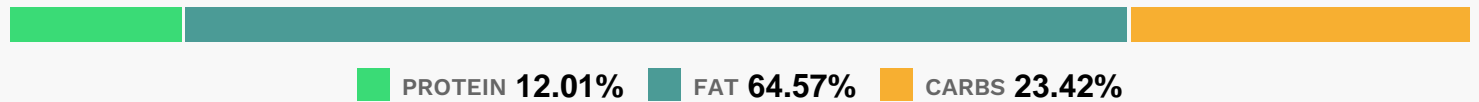
- frying pan

sauce pan

Directions

- Place asparagus spears in a large skillet; add boiling water and salt. Cook for 5–7 minutes or until tender.
- Remove asparagus and keep warm.
- Drain cooking liquid, reserving 1/2 cup in a small saucepan.
- Combine cornstarch and cold water; stir into liquid. Cook and stir over medium heat until thickened and bubbly; cook and stir 1 minute more. Stir in butter until melted. Spoon over asparagus; sprinkle with sesame seeds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:10.107391334746%

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: 94.54kcal (4.73%), Fat: 7.38g (11.35%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.15g (2.38%), Cholesterol: 15.25mg (5.08%), Sodium: 194.01mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin K: 47.67µg (45.4%), Vitamin A: 1034.83IU (20.7%), Copper: 0.34mg (16.93%), Iron: 2.87mg (15.95%), Folate: 62.09µg (15.52%), Manganese: 0.25mg (12.69%), Vitamin B1: 0.19mg (12.42%), Fiber: 2.74g (10.98%), Vitamin B2: 0.17mg (9.98%), Vitamin E: 1.45mg (9.69%), Phosphorus: 79.67mg (7.97%), Vitamin C: 6.35mg (7.7%), Potassium: 244.87mg (7%), Magnesium: 26.66mg (6.66%), Vitamin B6: 0.13mg (6.36%), Vitamin B3: 1.25mg (6.24%), Calcium: 58.5mg (5.85%), Zinc: 0.85mg (5.69%), Selenium: 3.74µg (5.34%), Vitamin B5: 0.32mg (3.2%)