



Asparagus with Sesame Citrus Sauce

 Vegetarian  Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus
- ☐ 3 tablespoons butter
- ☐ 1 tablespoons juice of lemon fresh
- ☐ 2 tablespoons orange juice fresh
- ☐ 4 servings salt
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon sesame seed for garnish

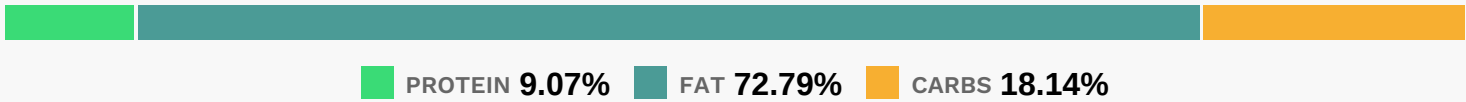
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Prepare the asparagus. Snap off bases of spears and discard. Bring a small amount of salted water to boil in a saucepan, add a splash of lemon; add asparagus and cook until tender.
- ☐ Remove asparagus and shock in an ice bath to stop the cooking and to keep its bright green color.
- ☐ Melt the 3 tablespoons of butter in saucepan.
- ☐ Add 1 tablespoon sesame seeds and cook, stirring 2 to 3 minutes over moderate heat, until lightly browned.
- ☐ Add 1 tablespoon lemon juice, 2 tablespoons orange juice, drizzle with 1 teaspoon of sesame oil.
- ☐ Whisk to make sure it's fully emulsified.
- ☐ Add salt, to taste.
- ☐ Add asparagus to sauce, and toss until coated.
- ☐ Serve hot and garnish with extra sesame seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:10.23521741836%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.76mg, Quercetin: 15.76mg, Quercetin: 15.76mg, Quercetin: 15.76mg

Nutrients (% of daily need)

Calories: 122.74kcal (6.14%), Fat: 10.67g (16.42%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.94g (3.26%), Cholesterol: 22.58mg (7.53%), Sodium: 263.9mg (11.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 47.68µg (45.41%), Vitamin A: 1130.3IU (22.61%), Folate: 64.06µg (16.01%), Iron: 2.72mg (15.12%), Copper: 0.3mg (14.94%), Vitamin C: 12mg (14.55%), Vitamin B1: 0.19mg (12.38%), Manganese: 0.23mg (11.45%), Fiber: 2.63g (10.51%), Vitamin E: 1.54mg (10.29%), Vitamin B2: 0.17mg (10.01%), Phosphorus: 75.35mg (7.53%), Potassium: 260.03mg (7.43%), Vitamin B6: 0.12mg (6.18%), Vitamin B3: 1.23mg (6.16%), Magnesium: 24.15mg (6.04%), Zinc: 0.78mg (5.19%), Calcium: 50.3mg (5.03%), Selenium: 3.39µg (4.85%), Vitamin B5: 0.34mg (3.42%)