



WHATSheATE



HEALTH SCORE

55%

ASPARAGUS WITH SHERRY VINEGAR AND MANCHEGO CHEESE



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients



2 pounds asparagus



1 garlic clove minced



4 servings ground pepper fresh



0.3 cup manchego cheese grated



2 tablespoons olive oil



0.3 cup onions chopped



4 servings salt

- ☐ 0.3 cup sherry vinegar
- ☐ 0.3 teaspoon sugar

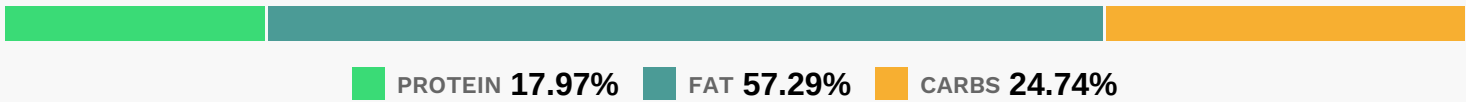
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cook asparagus in a pot of boiling salted water until crisp tender, about 5 minutes.
- ☐ Drain in a colander.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add the onions and garlic and cook, stirring until softened, about 3 minutes.
- ☐ Add the sherry vinegar, sugar, salt and pepper and stir about 5 minutes.To serve, drizzle the asparagus with the vinegar dressing and top with grated manchego cheese.

Nutrition Facts



Properties

Glycemic Index:47.77, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:18.559565212416%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.43mg, Isorhamnetin: 13.43mg, Isorhamnetin: 13.43mg, Isorhamnetin: 13.43mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 33.75mg, Quercetin: 33.75mg, Quercetin: 33.75mg, Quercetin: 33.75mg

Nutrients (% of daily need)

Calories: 157.75kcal (7.89%), Fat: 10.65g (16.39%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.95g (5.49%), Cholesterol: 10.08mg (3.36%), Sodium: 257.77mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin K: 98.78µg (94.07%), Vitamin A: 1767.19IU (35.34%), Folate: 119.87µg (29.97%), Iron: 5.03mg (27.93%), Vitamin E: 3.57mg (23.83%), Vitamin B1:

0.33mg (22.04%), Copper: 0.44mg (21.91%), Manganese: 0.41mg (20.31%), Fiber: 4.97g (19.9%), Vitamin B2: 0.32mg (19.03%), Vitamin C: 13.77mg (16.7%), Calcium: 160.68mg (16.07%), Potassium: 484.95mg (13.86%), Phosphorus: 123.73mg (12.37%), Vitamin B6: 0.23mg (11.4%), Vitamin B3: 2.24mg (11.18%), Magnesium: 33.91mg (8.48%), Zinc: 1.26mg (8.39%), Selenium: 5.38µg (7.69%), Vitamin B5: 0.64mg (6.4%)