



## Asparagus with Toasted Almonds and Garlic

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

### Ingredients

- 0.8 pound pencil-thin asparagus
- 2 garlic cloves thinly sliced
- 2 tablespoons olive oil
- 4 servings salt and pepper freshly ground
- 1 tablespoon sherry vinegar
- 0.3 cup slivered almonds
- 1 teaspoon butter unsalted






### Equipment

frying pan

## Directions

- Bring 1 inch of water to a boil in a large nonreactive skillet.
- Add the asparagus and cook just until tender and bright green, about 3 minutes.
- Drain and pat dry.
- Wipe out the skillet and set it over high heat.
- Add the oil and heat.
- Add the almonds and cook, stirring, for 30 seconds.
- Add the asparagus and garlic and season with salt and pepper. Cook, stirring often, until the garlic and almonds are golden and the asparagus is just beginning to brown, about 4 minutes. Stir in the sherry vinegar and butter and season with salt and pepper.
- Transfer to a platter and serve.

## Nutrition Facts

    
 **PROTEIN 9.87%**  **FAT 74.88%**  **CARBS 15.25%**

## Properties

Glycemic Index:18, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.2856521674472%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 5.03mg, Isorhamnetin: 5.03mg, Isorhamnetin: 5.03mg, Isorhamnetin: 5.03mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

## Nutrients (% of daily need)

Calories: 129.88kcal (6.49%), Fat: 11.49g (17.68%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.91g (2.12%), Cholesterol: 2.69mg (0.9%), Sodium: 196.39mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin K: 39.71µg (37.82%), Vitamin E: 3.73mg (24.85%),

Manganese: 0.32mg (15.8%), Vitamin A: 674.41IU (13.49%), Iron: 2.15mg (11.97%), Folate: 47.28µg (11.82%), Copper: 0.24mg (11.77%), Vitamin B2: 0.2mg (11.7%), Fiber: 2.66g (10.65%), Vitamin B1: 0.14mg (9.23%), Phosphorus: 79.59mg (7.96%), Magnesium: 30.69mg (7.67%), Potassium: 229.16mg (6.55%), Vitamin C: 5.25mg (6.36%), Vitamin B3: 1.09mg (5.44%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.69mg (4.6%), Calcium: 42mg (4.2%), Selenium: 2.46µg (3.51%), Vitamin B5: 0.28mg (2.75%)