



Asparagus with Toasted Walnut Butter



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 2 lb asparagus fresh
- ☐ 6 tablespoons butter
- ☐ 3 tablespoons walnut pieces finely chopped
- ☐ 1 tablespoon walnut oil
- ☐ 0.3 teaspoon salt

Equipment

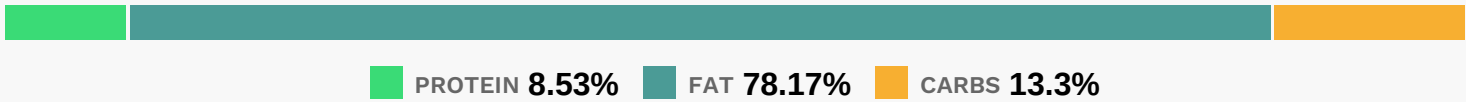
- ☐ frying pan
- ☐ sauce pan

☐ dutch oven

Directions

- ☐ Wash asparagus; snap off tough stem ends. In large skillet or Dutch oven, bring 1 inch of lightly salted water to a boil. Arrange asparagus spears evenly in skillet. Cover; cook 4 to 5 minutes or until asparagus is crisp-tender.
- ☐ Drain.
- ☐ Meanwhile, in small saucepan, mix butter and walnuts. Cook over low heat until butter browns and walnuts are toasted, watching carefully to prevent butter from burning. Stir in oil and salt.
- ☐ Arrange hot asparagus on large serving platter. Top with walnut butter.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:9.816086989382%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 137.96kcal (6.9%), Fat: 12.85g (19.76%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 2.29g (0.83%), Sugar: 2.24g (2.48%), Cholesterol: 22.58mg (7.53%), Sodium: 142.53mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Vitamin K: 48.27µg (45.97%), Vitamin A: 1120.43IU (22.41%), Folate: 62.96µg (15.74%), Manganese: 0.31mg (15.37%), Iron: 2.54mg (14.1%), Copper: 0.27mg (13.7%), Vitamin B1: 0.18mg (11.7%), Fiber: 2.63g (10.53%), Vitamin E: 1.56mg (10.39%), Vitamin B2: 0.17mg (9.95%), Vitamin C: 6.4mg (7.76%), Phosphorus: 74.46mg (7.45%), Potassium: 248.14mg (7.09%), Vitamin B6: 0.12mg (6.18%), Vitamin B3: 1.16mg (5.78%), Magnesium: 22.01mg (5.5%), Zinc: 0.74mg (4.92%), Selenium: 2.9µg (4.14%), Vitamin B5: 0.34mg (3.44%), Calcium: 33.46mg (3.35%)