



Asparagus with Tomatoes

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- 2 teaspoons vegetable oil
- 0.3 cup onion chopped
- 1 cup roma tomatoes chopped (plum)
- 1 tablespoon juice of lemon
- 1 tablespoon honey
- 0.3 teaspoon salt
- 1.5 pounds asparagus

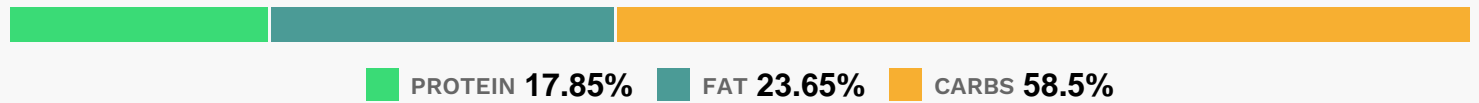
Equipment

frying pan

Directions

- Heat oil in 10-inch skillet over medium heat. Cook onion in oil 2 to 3 minutes, stirring occasionally, until tender. Stir in tomatoes, lemon juice, honey and salt. Cook 1 minute, stirring occasionally.
- Remove mixture from skillet; keep warm.
- Wipe out skillet.
- Heat 1 inch water to boiling in skillet.
- Add asparagus.
- Heat to boiling; reduce heat to medium. Cover and cook 7 to 10 minutes or until stalk ends are crisp-tender; drain.
- Place asparagus in serving dish. Top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:37.32, Glycemic Load:4.04, Inflammation Score:-9, Nutrition Score:15.739565165147%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Isorhamnetin: 10.2mg, Isorhamnetin: 10.2mg, Isorhamnetin: 10.2mg, Isorhamnetin: 10.2mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 26.17mg, Quercetin: 26.17mg, Quercetin: 26.17mg, Quercetin: 26.17mg

Nutrients (% of daily need)

Calories: 85.34kcal (4.27%), Fat: 2.59g (3.99%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 9.95g (3.62%), Sugar: 9.58g (10.65%), Cholesterol: 0mg (0%), Sodium: 152.35mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin K: 79.61µg (75.82%), Vitamin A: 1779.05IU (35.58%), Folate: 100.08µg (25.02%), Vitamin C: 19.85mg (24.06%), Iron: 3.85mg (21.38%), Copper: 0.36mg (18.14%), Vitamin B1: 0.27mg (18.04%), Fiber: 4.47g (17.89%), Manganese: 0.35mg (17.71%), Vitamin E: 2.43mg (16.22%), Vitamin B2: 0.26mg (15.08%), Potassium: 505mg (14.43%), Vitamin B6: 0.22mg (10.85%), Phosphorus: 106.06mg (10.61%),

Vitamin B3: 2.04mg (10.18%), Magnesium: 31.65mg (7.91%), Zinc: 1.05mg (7%), Selenium: 4.01µg (5.73%), Vitamin B5: 0.54mg (5.39%), Calcium: 49.67mg (4.97%)