



Asparagus with Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed cut in half thin
- 2 teaspoons garlic minced
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 pinch salt and pepper to taste
- 1 large tomatoes seeded chopped

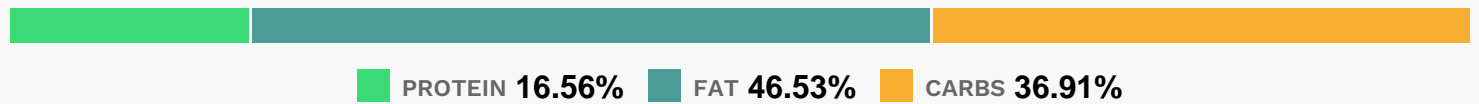
Equipment

- frying pan

Directions

- Place the asparagus in a large skillet and fill with about 1 inch of water. Cover the pan and set over high heat. When the water comes to a boil, cook for 2 minutes or until the asparagus is bright green and almost tender.
- In a separate skillet, heat the oil over medium heat.
- Add the garlic; cook and stir for 1 minute.
- Add the tomato to the skillet and cook for about 1 minute or until heated through. Season with salt and pepper.
- Add asparagus to the pan and cook for about 2 minutes, until hot.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:10.756956525471%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg

Nutrients (% of daily need)

Calories: 64.04kcal (3.2%), Fat: 3.73g (5.75%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 3.71g (1.35%), Sugar: 3.34g (3.72%), Cholesterol: 0mg (0%), Sodium: 14.56mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 52.9µg (50.38%), Vitamin A: 1236.44IU (24.73%), Folate: 65.84µg (16.46%), Vitamin C: 13.05mg (15.82%), Iron: 2.59mg (14.42%), Vitamin E: 2.03mg (13.55%), Manganese: 0.26mg (12.81%), Copper: 0.25mg (12.28%), Vitamin B1: 0.18mg (12.13%), Fiber: 2.96g (11.84%), Vitamin B2: 0.17mg (10.01%), Potassium: 342.95mg (9.8%), Vitamin B6: 0.16mg (7.91%), Phosphorus: 72.18mg (7.22%), Vitamin B3: 1.39mg (6.95%), Magnesium: 21.26mg (5.31%), Zinc: 0.71mg (4.71%), Selenium: 2.82µg (4.03%), Vitamin B5: 0.36mg (3.6%), Calcium: 34.52mg (3.45%)