



Asparagus with Vegan Hollandaise Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 large bunch asparagus trimmed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon sea salt
- ☐ 8 ounces regular tofu soft drained for soy-free option (see post above)
- ☐ 0.3 teaspoon turmeric

Equipment

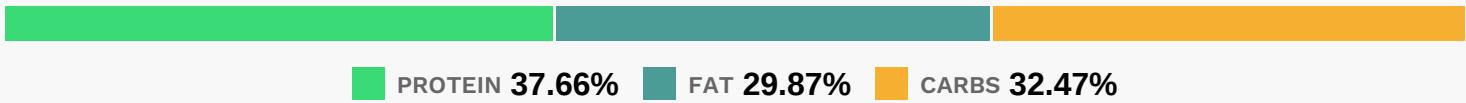
- ☐ sauce pan
- ☐ blender

☐ steamer basket

Directions

- ☐ Fit a steamer basket into a medium sauce pan with a tight-fitting lid.
- ☐ Add 2 inches of cold water, then add asparagus. Cover and bring to a boil. Steam the asparagus for 4 to 6 minutes or until crisp-tender.Meantime, put the lemon juice, tofu, turmeric, and salt in a blender and process until smooth.
- ☐ Transfer to a small sauce pan and cook over low heat, stirring constantly, until heated through.To serve, arrange the hot asparagus on a serving platter and pour the sauce over top.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:6.2917391631914%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 48.7kcal (2.43%), Fat: 1.78g (2.74%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 100.01mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin K: 31.21µg (29.72%), Iron: 2.1mg (11.67%), Vitamin A: 567.45IU (11.35%), Folate: 40.53µg (10.13%), Vitamin C: 7.12mg (8.64%), Fiber: 1.92g (7.67%), Vitamin B1: 0.11mg (7.28%), Copper: 0.14mg (7.18%), Calcium: 65.91mg (6.59%), Manganese: 0.13mg (6.31%), Vitamin B2: 0.11mg (6.3%), Vitamin E: 0.86mg (5.74%), Potassium: 161.35mg (4.61%), Phosphorus: 39.82mg (3.98%), Vitamin B3: 0.74mg (3.72%), Vitamin B6: 0.07mg (3.66%), Magnesium: 11.11mg (2.78%), Zinc: 0.41mg (2.75%), Selenium: 1.74µg (2.48%), Vitamin B5: 0.22mg (2.15%)