



Asparagus with Wasabi-Mayonnaise Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 3 lb asparagus trimmed thin
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 4 teaspoons soya sauce
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons wasabi paste

Equipment

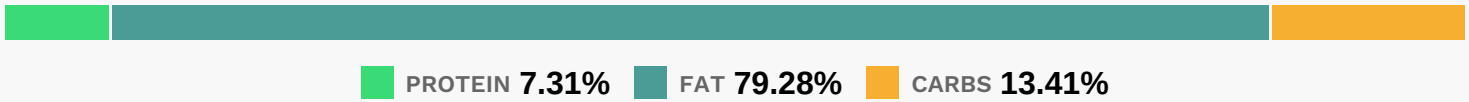
- ☐ sauce pan

- ☐ whisk
- ☐ colander

Directions

- ☐ Blanch asparagus in 2 batches in a large saucepan of boiling salted water 1 minute.
- ☐ Transfer to a colander and rinse under cold running water to stop cooking.
- ☐ Drain well and pat dry.
- ☐ Whisk together mayonnaise, soy sauce, sugar, lemon juice, and wasabi paste until sugar is dissolved.
- ☐ Serve asparagus with dip.
- ☐ • Asparagus and dip may be prepared 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:2.13, Inflammation Score:-9, Nutrition Score:18.673913147139%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 307.66kcal (15.38%), Fat: 28.22g (43.41%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 5.81g (2.11%), Sugar: 5.58g (6.21%), Cholesterol: 15.68mg (5.23%), Sodium: 465.35mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin K: 155.2µg (147.81%), Vitamin A: 1739.53IU (34.79%), Folate: 121.15µg (30.29%), Iron: 5.05mg (28.03%), Vitamin E: 3.79mg (25.27%), Vitamin B1: 0.33mg (22.2%), Copper: 0.44mg (22.2%), Vitamin B2: 0.34mg (19.72%), Fiber: 4.93g (19.72%), Manganese: 0.39mg (19.38%), Vitamin C: 14.04mg (17.02%), Potassium: 485.28mg (13.87%), Phosphorus: 132.44mg (13.24%), Vitamin B3: 2.39mg (11.95%), Vitamin B6: 0.22mg (11.14%), Zinc: 1.33mg (8.84%), Magnesium: 34.97mg (8.74%), Selenium: 6.11µg (8.74%), Vitamin B5: 0.71mg (7.06%), Calcium: 60.46mg (6.05%)