



Asparagus with White Truffle Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds asparagus fresh
- ☐ 2 egg yolks
- ☐ 1 garlic clove
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings lemon zest
- ☐ 1 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons truffle oil white

☐ 0.1 teaspoon pepper white

Equipment

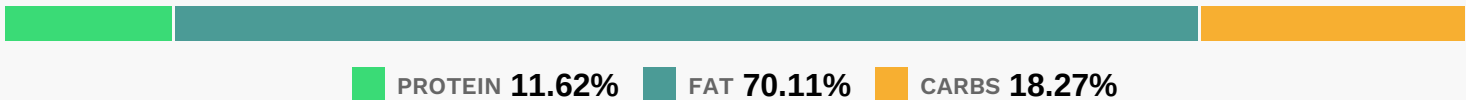
☐ food processor

☐ blender

Directions

- ☐ Pulse garlic clove in a food processor or blender 3 to 4 times or until chopped.
- ☐ Add egg yolks, lemon juice, salt, and pepper; process until smooth, stopping to scrape down sides. With processor running, gradually add truffle oil and olive oil in a slow, steady stream, processing until thickened.
- ☐ Snap off tough ends of asparagus spears. Cook asparagus, covered, in boiling salted water to cover 2 minutes or until crisp-tender; drain. Plunge asparagus into ice water to stop the cooking process, and drain. Arrange asparagus on a serving platter.
- ☐ Garnish, if desired.
- ☐ Serve with aoli.
- ☐ *One-fourth cup egg substitute may be used in place of the egg yolks. Two tablespoons warm water may be added to thin aoli.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:14.507391354312%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg

Nutrients (% of daily need)

Calories: 143.81kcal (7.19%), Fat: 12.05g (18.55%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 3.45g (1.26%), Sugar: 3.28g (3.65%), Cholesterol: 48.6mg (16.2%), Sodium: 78.54mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin K: 77.21µg (73.53%), Vitamin A: 1351.07IU (27.02%), Folate: 95.44µg (23.86%), Vitamin E: 3.58mg (23.84%), Iron: 3.84mg (21.32%), Vitamin B1: 0.25mg (16.83%), Copper: 0.33mg (16.34%), Vitamin B2: 0.26mg (15.56%), Fiber: 3.61g (14.46%), Manganese: 0.28mg (13.96%), Vitamin C: 10.63mg (12.89%), Phosphorus: 106.8mg (10.68%), Potassium: 352.4mg (10.07%), Selenium: 6.49µg (9.27%), Vitamin B6: 0.18mg (8.82%), Vitamin B3: 1.67mg (8.35%), Zinc: 1.03mg (6.86%), Magnesium: 24.3mg (6.08%), Vitamin B5: 0.61mg (6.06%), Calcium: 47.92mg (4.79%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.46%)