



# Awesomely Easy Sesame Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

## Ingredients

- 1 bunch asparagus fresh trimmed
- 2 tablespoons sesame seeds black lightly toasted
- 4 servings kosher salt to taste
- 1 tablespoon olive oil

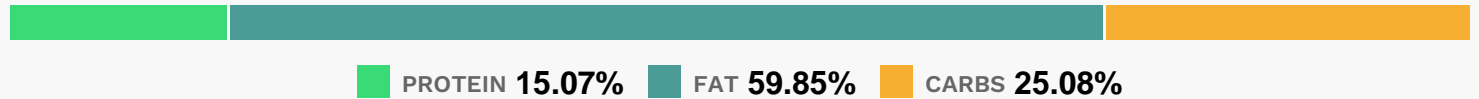
## Equipment

- frying pan
- sauce pan
- stove

## Directions

- Fill a large saucepan with 1/2 inch of water and bring to a boil. Cook asparagus until tender-crisp, about 5 minutes.
- Drain, then rinse with cold water. Return pan to the stove over medium heat, pour in oil, and swirl around pan. Shake excess water off of the asparagus, and toss in oil with sesame seeds, and salt to reheat.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:10.41869565715%

## Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

## Nutrients (% of daily need)

Calories: 76.36kcal (3.82%), Fat: 5.62g (8.65%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.13g (2.36%), Cholesterol: 0mg (0%), Sodium: 196.55mg (8.55%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 48.91µg (46.58%), Copper: 0.38mg (18.8%), Vitamin A: 850.86IU (17.02%), Iron: 3.01mg (16.73%), Folate: 62.38µg (15.6%), Manganese: 0.28mg (13.83%), Vitamin B1: 0.19mg (12.83%), Vitamin E: 1.79mg (11.9%), Fiber: 2.83g (11.34%), Vitamin B2: 0.17mg (9.91%), Phosphorus: 83.66mg (8.37%), Vitamin C: 6.3mg (7.64%), Magnesium: 29.8mg (7.45%), Potassium: 246.04mg (7.03%), Vitamin B6: 0.13mg (6.7%), Calcium: 66.15mg (6.62%), Vitamin B3: 1.28mg (6.4%), Zinc: 0.92mg (6.12%), Selenium: 3.96µg (5.66%), Vitamin B5: 0.31mg (3.1%)