



Balsamic Asparagus

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 4 servings parmesan cheese
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup pre-shredded fresh

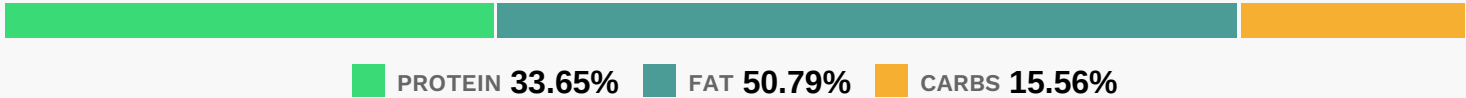
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place asparagus in a microwave-safe dish; cover with plastic wrap. Microwave at HIGH 4 to 5 minutes or until crisp-tender.
- ☐ Drizzle with vinegar and oil.
- ☐ Sprinkle with salt, pepper, and cheese.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:13.105217394621%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 152.95kcal (7.65%), Fat: 8.89g (13.68%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.97g (3.3%), Cholesterol: 20.4mg (6.8%), Sodium: 629.18mg (27.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Vitamin K: 48.49µg (46.18%), Calcium: 384.15mg (38.41%), Phosphorus: 268.12mg (26.81%), Vitamin A: 1092.27IU (21.85%), Vitamin B2: 0.26mg (15.28%), Folate: 61.09µg (15.27%), Iron: 2.72mg (15.11%), Selenium: 9.36µg (13.38%), Vitamin B1: 0.17mg (11.6%), Copper: 0.23mg (11.34%), Manganese: 0.21mg (10.34%), Vitamin E: 1.49mg (9.95%), Fiber: 2.41g (9.65%), Zinc: 1.44mg (9.62%), Vitamin C: 6.35mg (7.7%), Potassium: 262.85mg (7.51%), Magnesium: 29.77mg (7.44%), Vitamin B6: 0.13mg (6.54%), Vitamin B12: 0.36µg (6%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.45mg (4.48%)