



Balsamic-Browned Butter Asparagus

 Vegetarian  Gluten Free

READY IN

ready

14 min.

SERVINGS

servings

10

CALORIES

calories

104 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds asparagus fresh
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 cup butter
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 4 teaspoons lite soy sauce

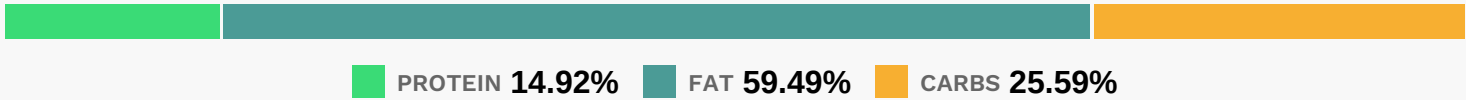
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Snap off and discard tough ends of asparagus.
- ☐ Arrange asparagus evenly on a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Drizzle with olive oil, and sprinkle with salt and pepper; toss to coat.
- ☐ Bake asparagus at 400 for 15 minutes or just until tender.
- ☐ Melt butter in a large skillet over medium heat. Cook, stirring occasionally, 4 minutes or until butter is lightly browned.
- ☐ Remove from heat; stir in soy sauce and balsamic vinegar.
- ☐ Drizzle over asparagus, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:14.269565070453%

Flavonoids

Isorhamnetin: 10.34mg, Isorhamnetin: 10.34mg, Isorhamnetin: 10.34mg, Isorhamnetin: 10.34mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Quercetin: 25.36mg, Quercetin: 25.36mg, Quercetin: 25.36mg, Quercetin: 25.36mg

Nutrients (% of daily need)

Calories: 104.17kcal (5.21%), Fat: 7.62g (11.73%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 3.54g (1.29%), Sugar: 3.61g (4.01%), Cholesterol: 12.2mg (4.07%), Sodium: 290.75mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin K: 77.64µg (73.95%), Vitamin A: 1513.76IU (30.28%), Folate: 94.96µg (23.74%), Iron: 3.97mg (22.05%), Vitamin B1: 0.26mg (17.41%), Copper: 0.35mg (17.36%), Vitamin E: 2.59mg (17.24%), Vitamin B2: 0.26mg (15.38%), Fiber: 3.84g (15.37%), Manganese: 0.31mg (15.33%), Vitamin C: 10.16mg (12.32%), Potassium: 374.79mg (10.71%), Phosphorus: 99.1mg (9.91%), Vitamin B3: 1.87mg (9.36%), Vitamin B6: 0.17mg (8.51%), Magnesium: 26.68mg (6.67%), Zinc: 1mg (6.65%), Selenium: 4.25µg (6.07%), Vitamin B5: 0.51mg (5.13%), Calcium: 45.98mg (4.6%)