



 **14%**
HEALTH SCORE

Bertolli Classico Asparagus Saute

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus fresh
- 1 tablespoon garlic minced
- 3 tablespoons olive oil bertolli®
- 3 tablespoons parmesan
- 6 servings salt and pepper to taste

Equipment

- frying pan
- knife

Directions

- Rinse asparagus spears and pat dry.
- Remove rough ends with a sharp knife if necessary.
- Heat Bertolli® Classico™ olive oil in a skillet over medium–high heat.
- Add the garlic and asparagus spears; cook for 10 minutes, stirring occasionally, or until asparagus is tender.
- Sprinkle with Parmesan and salt and pepper to taste before serving.

Nutrition Facts

PROTEIN 11.19% **FAT 74.19%** **CARBS 14.62%**

Properties

Glycemic Index:14.83, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:6.6891304649737%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 88.67kcal (4.43%), Fat: 7.74g (11.91%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 1.83g (0.67%), Sugar: 1.44g (1.6%), Cholesterol: 1.7mg (0.57%), Sodium: 235.71mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 35.48µg (33.79%), Vitamin E: 1.86mg (12.41%), Vitamin A: 586.65IU (11.73%), Folate: 39.22µg (9.8%), Iron: 1.69mg (9.38%), Vitamin B1: 0.11mg (7.39%), Copper: 0.15mg (7.33%), Manganese: 0.14mg (7.09%), Vitamin B2: 0.12mg (6.8%), Fiber: 1.6g (6.41%), Phosphorus: 58.39mg (5.84%), Vitamin C: 4.62mg (5.6%), Calcium: 50.2mg (5.02%), Potassium: 159.26mg (4.55%), Vitamin B6: 0.09mg (4.35%), Vitamin B3: 0.75mg (3.75%), Selenium: 2.48µg (3.54%), Zinc: 0.49mg (3.26%), Magnesium: 11.94mg (2.98%), Vitamin B5: 0.22mg (2.25%)