



Browned Butter Asparagus

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



8

CALORIES



62 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus trimmed
- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons butter
- 1.5 teaspoons tarragon fresh chopped
- 0.4 teaspoon kosher salt

Equipment

- frying pan
- sauce pan

Directions

- Bring a large saucepan of water to a boil.
- Add asparagus; cook 3 minutes or until crisp-tender.
- Drain and rinse under cold water; drain and set aside.
- Melt butter in a large skillet over medium heat; cook 3 minutes or until browned and fragrant. Stir in salt and pepper.
- Add asparagus and tarragon; cook 1 minute or until heated, tossing to coat.

Nutrition Facts

PROTEIN 15.29% **FAT 57.81%** **CARBS 26.9%**

Properties

Glycemic Index:23, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:9.0265216581199%

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: 61.59kcal (3.08%), Fat: 4.42g (6.8%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 2.21g (0.8%), Sugar: 2.14g (2.37%), Cholesterol: 11.29mg (3.76%), Sodium: 145.28mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 47.64µg (45.37%), Vitamin A: 1004.58IU (20.09%), Folate: 60.16µg (15.04%), Iron: 2.56mg (14.2%), Vitamin B1: 0.16mg (10.9%), Copper: 0.22mg (10.89%), Manganese: 0.22mg (10.86%), Vitamin B2: 0.17mg (9.81%), Fiber: 2.42g (9.7%), Vitamin E: 1.4mg (9.36%), Vitamin C: 6.54mg (7.92%), Potassium: 242.5mg (6.93%), Phosphorus: 61.5mg (6.15%), Vitamin B3: 1.15mg (5.73%), Vitamin B6: 0.11mg (5.63%), Magnesium: 17.39mg (4.35%), Zinc: 0.63mg (4.22%), Selenium: 2.68µg (3.83%), Calcium: 33.09mg (3.31%), Vitamin B5: 0.32mg (3.17%)