



4%
HEALTH SCORE

Buck's Italian-Grilled Asparagus

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- 0.5 pound asparagus fresh trimmed
- 2 tablespoons butter
- 4 servings pepper black to taste
- 1 tablespoon olive oil
- 0.3 onion chopped
- 0.8 cup parmesan cheese grated
- 1 teaspoon hot sauce hot
- 2 pinches penzey's southwest seasoning italian

0.3 cup slivered almonds

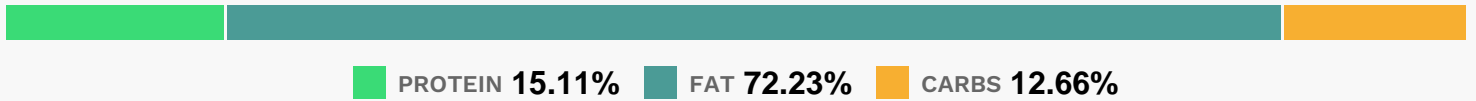
Equipment

frying pan

Directions

- Melt butter in a large skillet with olive oil over medium heat; place asparagus spears in the skillet.
- When asparagus starts to sizzle slightly, drizzle in the hot pepper sauce and add almonds, Italian seasoning, and onion to the skillet.
- Move the asparagus around in the skillet with a spoon to expose almonds and onion to the butter and oil; cook until onion is translucent, about 5 minutes. Reduce heat to low, and season with salt and black pepper.
- Sprinkle asparagus with Parmesan cheese and heat until cheese melts, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:10.296956430311%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg, Isorhamnetin: 3.75mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 214.93kcal (10.75%), Fat: 17.9g (27.54%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 4.66g (1.7%), Sugar: 1.7g (1.89%), Cholesterol: 31.36mg (10.45%), Sodium: 401.26mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Vitamin K: 29.83µg (28.41%), Vitamin E: 3.23mg

(21.5%), Calcium: 209.32mg (20.93%), Phosphorus: 185.51mg (18.55%), Vitamin A: 776.64IU (15.53%), Manganese: 0.31mg (15.34%), Vitamin B2: 0.23mg (13.5%), Selenium: 8.28µg (11.82%), Iron: 1.78mg (9.9%), Copper: 0.19mg (9.58%), Fiber: 2.39g (9.57%), Folate: 36.36µg (9.09%), Zinc: 1.36mg (9.08%), Magnesium: 35.12mg (8.78%), Vitamin B1: 0.1mg (6.99%), Potassium: 219.33mg (6.27%), Vitamin C: 4.44mg (5.39%), Vitamin B6: 0.09mg (4.58%), Vitamin B12: 0.26µg (4.42%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.27mg (2.71%)