



Chilled Ginger Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 2 tablespoons sesame oil dark
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.8 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon soya sauce
- ☐ 2 tablespoons sugar

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3 tablespoons vegetable oil

Equipment

☐

frying pan

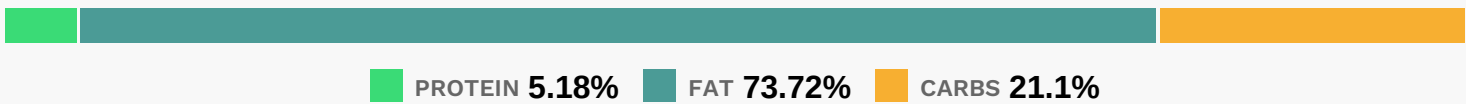
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sauce pan

Directions

- ☐
- Bring vinegar and ginger to a boil in a small saucepan; boil 7 minutes or until liquid is reduced by half.
- ☐
- Remove from heat, and stir in sugar; set aside.
- ☐
- Snap off tough ends of asparagus.
- ☐
- Place asparagus and water to cover in a large skillet, and bring to a boil; remove from heat, and drain.
- ☐
- Plunge asparagus into ice water to stop the cooking process; drain. Arrange asparagus spears on a serving platter.
- ☐
- Stir together garlic and next 4 ingredients.
- ☐
- Drizzle over asparagus; cover and chill 30 minutes.
- ☐
- Drizzle vinegar mixture over asparagus; cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:4.99, Inflammation Score:-7, Nutrition Score:10.062173926312%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 210.55kcal (10.53%), Fat: 17.38g (26.74%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 8.73g (3.18%), Sugar: 8.22g (9.13%), Cholesterol: 0mg (0%), Sodium: 378.23mg (16.44%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin K: 66.9µg (63.71%), Vitamin A: 857.36IU (17.15%), Folate: 59.55µg (14.89%), Vitamin E: 2.22mg (14.81%), Iron: 2.51mg (13.96%), Manganese: 0.23mg (11.62%), Copper: 0.23mg (11.4%), Vitamin B1: 0.17mg (11.01%), Fiber: 2.46g (9.85%), Vitamin B2: 0.17mg (9.71%), Vitamin C: 6.72mg (8.14%), Potassium: 247.28mg (7.07%), Phosphorus: 64.87mg (6.49%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 1.19mg (5.97%), Magnesium: 18.28mg (4.57%), Selenium: 3.02µg (4.32%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.33mg (3.26%), Calcium: 32.4mg (3.24%)