

Chilled Marinated Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh trimmed
- 0.7 cup brown sugar packed
- 0.7 cup apple cider vinegar
- 1 teaspoon garlic powder
- 4 teaspoons juice of lemon
- 1 cup pecans toasted chopped
- 0.7 cup soya sauce
- 0.7 cup vegetable oil

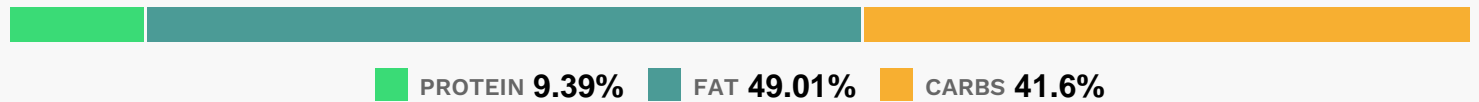
Equipment

- frying pan
- sauce pan
- ziploc bags

Directions

- In a saucepan, combine the brown sugar, vinegar, soy sauce, oil, lemon juice and garlic powder. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Refrigerate until cool.
- Meanwhile, in a large skillet, bring 1/2 in. of water to a boil.
- Add asparagus. Reduce heat; cover and simmer for 3–5 minutes or until crisp-tender.
- Drain and rinse in cold water.
- Place asparagus in a large resealable plastic bag; add marinade. Seal bag and turn to coat; refrigerate for 2 hours or overnight, turning occasionally.
- Drain and discard marinade.
- Place asparagus on a serving plate; sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:13.839130443075%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 15.86mg, Quercetin:

15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 236.19kcal (11.81%), Fat: 13.61g (20.93%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 25.99g (8.66%),
Net Carbohydrates: 22.1g (8.04%), Sugar: 20.94g (23.26%), Cholesterol: 0mg (0%), Sodium: 1088.61mg (47.33%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin K: 54.33µg (51.75%), Manganese: 0.95mg
(47.7%), Copper: 0.42mg (20.83%), Iron: 3.43mg (19.03%), Vitamin B1: 0.27mg (17.71%), Vitamin A: 865.07IU (17.3%),
Folate: 66.3µg (16.58%), Fiber: 3.89g (15.54%), Phosphorus: 125.92mg (12.59%), Vitamin B2: 0.21mg (12.23%),
Vitamin E: 1.78mg (11.84%), Magnesium: 43.18mg (10.79%), Potassium: 371.88mg (10.63%), Vitamin B3: 2.06mg
(10.29%), Vitamin B6: 0.19mg (9.27%), Vitamin C: 7.47mg (9.06%), Zinc: 1.34mg (8.92%), Calcium: 57.68mg (5.77%),
Vitamin B5: 0.53mg (5.31%), Selenium: 3.61µg (5.16%)