



Chilled Sesame Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus fresh trimmed
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 1 teaspoon sugar

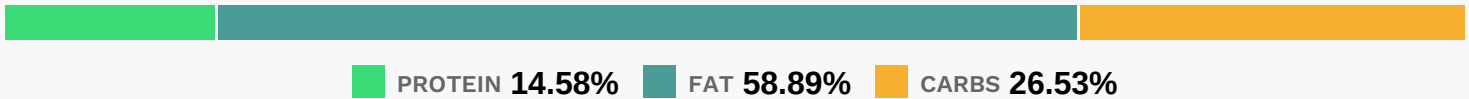
Equipment

- ☐ whisk

Directions

- ☐ Cook asparagus in boiling water about 4 to 5 minutes or until crisp-tender. Plunge asparagus into ice water to stop the cooking process; drain, cover, and chill 2 hours.
- ☐ Whisk together sesame oil and next 3 ingredients. Chill 2 hours.
- ☐ Arrange asparagus on a serving dish; spoon dressing evenly over top.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:9.3443477050118%

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: 76.42kcal (3.82%), Fat: 5.47g (8.42%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 170.05mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin K: 47.81µg (45.53%), Vitamin A: 857.41IU (17.15%), Folate: 60.8µg (15.2%), Iron: 2.69mg (14.96%), Copper: 0.27mg (13.65%), Vitamin B1: 0.17mg (11.63%), Manganese: 0.23mg (11.42%), Fiber: 2.56g (10.25%), Vitamin B2: 0.17mg (9.87%), Vitamin E: 1.35mg (9%), Vitamin C: 6.35mg (7.7%), Phosphorus: 71.36mg (7.14%), Potassium: 241.73mg (6.91%), Vitamin B3: 1.29mg (6.44%), Vitamin B6: 0.12mg (5.99%), Magnesium: 21.78mg (5.45%), Zinc: 0.73mg (4.86%), Selenium: 3.11µg (4.44%), Calcium: 40.98mg (4.1%), Vitamin B5: 0.32mg (3.23%)