



## Cold Asparagus with Curry Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

### Ingredients

- 1 bunch asparagus spears fresh trimmed
- 2 tablespoons curry powder
- 0.8 cup mayonnaise
- 0.3 cup cup heavy whipping cream sour

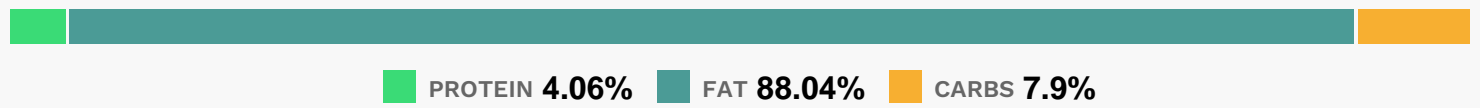
### Equipment

- bowl
- pot

## Directions

- Bring a pot of lightly salted water to a boil.
- Add asparagus, and cook for about 7 minutes, until bright green.
- Remove to a bowl of ice water to cool.
- Drain and set aside.
- In a medium bowl, stir together the mayonnaise, sour cream and curry powder.
- Transfer to a nice serving dish, and serve with chilled asparagus.

## Nutrition Facts



## Properties

Glycemic Index:10.88, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:7.0634783026965%

## Flavonoids

Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

## Nutrients (% of daily need)

Calories: 173.16kcal (8.66%), Fat: 17.38g (26.73%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 1.83g (0.66%), Sugar: 1.46g (1.63%), Cholesterol: 13.06mg (4.35%), Sodium: 137.48mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin K: 59.23µg (56.41%), Vitamin E: 1.68mg (11.21%), Vitamin A: 498.47IU (9.97%), Iron: 1.7mg (9.43%), Folate: 33.04µg (8.26%), Manganese: 0.16mg (7.77%), Fiber: 1.68g (6.72%), Copper: 0.12mg (6.19%), Vitamin B2: 0.1mg (5.86%), Vitamin B1: 0.09mg (5.85%), Phosphorus: 44.36mg (4.44%), Potassium: 149.95mg (4.28%), Vitamin C: 3.39mg (4.1%), Vitamin B6: 0.07mg (3.65%), Selenium: 2.3µg (3.28%), Magnesium: 12.61mg (3.15%), Vitamin B3: 0.61mg (3.04%), Calcium: 29.61mg (2.96%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.21mg (2.14%)