



HEALTH SCORE

59%

Creamy Potatoes and Asparagus



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 20 oz baby potatoes refrigerated cooked
- ☐ 1 package bearnaise sauce mix white (1.25)
- ☐ 0.8 cup skim milk fat-free (skim)
- ☐ 9 oz asparagus frozen

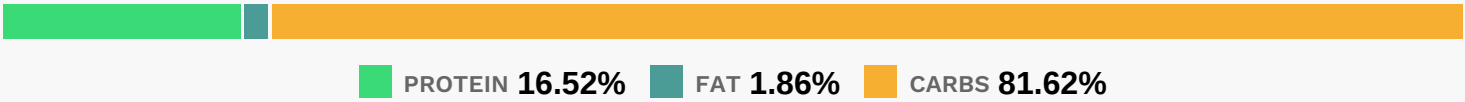
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat broth to boiling over medium-high heat.
- ☐ Add potatoes; cook 5 minutes.
- ☐ Meanwhile, in small bowl, stir together white sauce mix and milk.
- ☐ Pour sauce over potatoes.
- ☐ Add asparagus; stir gently to mix. Cover; simmer over low heat 7 minutes, stirring occasionally, until sauce thickens and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:19.24, Inflammation Score:-7, Nutrition Score:13.505652158157%

Flavonoids

Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 140.07kcal (7%), Fat: 0.3g (0.47%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 25.34g (9.22%), Sugar: 4.84g (5.38%), Cholesterol: 1.97mg (0.66%), Sodium: 137.61mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin C: 31.5mg (38.18%), Vitamin K: 29.23µg (27.84%), Vitamin B6: 0.5mg (25.14%), Potassium: 807.61mg (23.07%), Fiber: 4.46g (17.83%), Manganese: 0.33mg (16.63%), Phosphorus: 164.29mg (16.43%), Vitamin B1: 0.24mg (15.77%), Folate: 56.77µg (14.19%), Copper: 0.28mg (13.95%), Iron: 2.49mg (13.84%), Vitamin B2: 0.21mg (12.52%), Magnesium: 47.34mg (11.83%), Vitamin A: 579.36IU (11.59%), Vitamin B3: 2.24mg (11.18%), Calcium: 94.13mg (9.41%), Vitamin B5: 0.76mg (7.61%), Zinc: 0.98mg (6.55%), Vitamin E: 0.75mg (4.98%), Vitamin B12: 0.27µg (4.54%), Selenium: 2.93µg (4.18%), Vitamin D: 0.51µg (3.37%)