



HEALTH SCORE

55%

Creamy Tangerine Dressed Grilled Asparagus



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds to asparagus ends trimmed
- ☐ 0.5 bunch basil leaves chopped
- ☐ 0.3 cup heavy cream
- ☐ 3 small dashes hot sauce
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 0.5 onion red sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 2 tangerines juiced

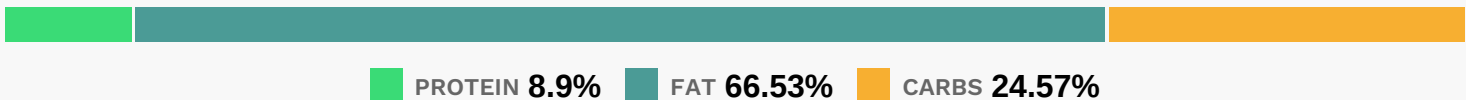
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat indoor or outdoor grill to medium-high.
- ☐ Pile asparagus onto a baking sheet and drizzle with some extra-virgin olive oil and season with some salt and pepper.
- ☐ Transfer to the grill and cook turning every now and then until the asparagus is well marked and is tender, about 5 minutes, depending on the size of your asparagus.
- ☐ While the asparagus is grilling in a bowl combine the tangerine zest and juice with a little salt, pepper and a small dash of hot sauce.
- ☐ Add the heavy cream and whisk to aerate the cream.
- ☐ Remove the asparagus from the grill, top with sliced onion and basil and serve hot, warm, or at room temperature with the sauce poured over it.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:3.72, Inflammation Score:-9, Nutrition Score:21.020434681488%

Flavonoids

Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 13.62mg, Isorhamnetin: 13.62mg, Isorhamnetin: 13.62mg, Isorhamnetin: 13.62mg Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg Quercetin: 34.5mg, Quercetin: 34.5mg, Quercetin: 34.5mg, Quercetin: 34.5mg

Nutrients (% of daily need)

Calories: 249kcal (12.45%), Fat: 19.8g (30.46%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 10.62g (3.86%), Sugar: 9.95g (11.06%), Cholesterol: 16.81mg (5.6%), Sodium: 12.3mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin K: 107.62µg (102.5%), Vitamin A: 2286.58IU (45.73%), Folate: 128.88µg (32.22%), Vitamin E: 4.82mg (32.1%), Vitamin C: 25.79mg (31.26%), Iron: 5.08mg (28.24%), Vitamin B1: 0.36mg (23.97%), Fiber: 5.83g (23.32%), Copper: 0.46mg (22.97%), Vitamin B2: 0.37mg (21.66%), Manganese: 0.42mg (20.88%), Potassium: 569.9mg (16.28%), Phosphorus: 140.08mg (14.01%), Vitamin B6: 0.26mg (13.22%), Vitamin B3: 2.42mg (12.1%), Magnesium: 40.26mg (10.07%), Zinc: 1.32mg (8.83%), Calcium: 86.05mg (8.61%), Selenium: 5.78µg (8.26%), Vitamin B5: 0.77mg (7.75%), Vitamin D: 0.24µg (1.59%)