



Divine Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch asparagus fresh trimmed cut into 2-inch pieces
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup raisins
- ☐ 0.3 cup red wine

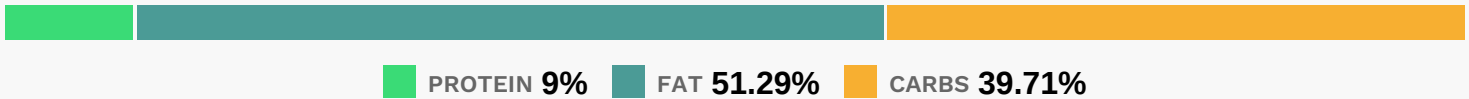
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Saute garlic in the butter until fragrant.
- ☐ Add the asparagus, cover, and cook for 2 minutes, then pour in the wine, and add the raisins. Cook uncovered until wine has evaporated and asparagus is tender, about 4 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:10.034782513328%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.42mg, Isorhamnetin: 6.42mg, Isorhamnetin: 6.42mg, Isorhamnetin: 6.42mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.93kcal (6.35%), Fat: 7.19g (11.07%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 9.51g (3.46%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 5.87mg (0.26%), Alcohol: 1.59g (100%), Alcohol %: 1.38% (100%), Protein: 2.84g (5.68%), Vitamin K: 51.11µg (48.67%), Vitamin A: 850.98IU (17.02%), Iron: 2.78mg (15.47%), Vitamin E: 2.28mg (15.21%), Folate: 58.98µg (14.75%), Manganese: 0.26mg (12.76%), Copper: 0.25mg (12.38%), Fiber: 3.02g (12.08%), Vitamin B1: 0.18mg (11.72%), Vitamin B2: 0.18mg (10.7%), Potassium: 329.16mg (9.4%), Vitamin C: 7.41mg (8.99%), Vitamin B6: 0.15mg (7.64%), Phosphorus: 71.81mg (7.18%), Vitamin B3: 1.25mg (6.24%), Magnesium: 20.77mg (5.19%), Zinc: 0.67mg (4.45%), Selenium: 2.96µg (4.22%), Calcium: 34.43mg

(3.44%), Vitamin B5: 0.33mg (3.29%)