



Easy Delicious Asparagus

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 0.5 pound asparagus fresh
- 4 servings pepper black to taste
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese finely grated

Equipment

- frying pan

Directions

- Heat the olive oil in a large skillet over medium–high heat. Cook and stir the asparagus in the hot oil until tender, about 5 minutes.
- Pour in the lemon juice, and season to taste with salt and pepper.
- Place the asparagus into a serving dish, and sprinkle with Parmesan cheese to serve.

Nutrition Facts

PROTEIN 11.71% **FAT 74.09%** **CARBS 14.2%**

Properties

Glycemic Index:16, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:6.0486956037905%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 102.26kcal (5.11%), Fat: 8.85g (13.61%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.57g (0.93%), Sugar: 1.35g (1.5%), Cholesterol: 5.44mg (1.81%), Sodium: 110.78mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin K: 28.07µg (26.73%), Vitamin E: 1.7mg (11.32%), Vitamin A: 483.93IU (9.68%), Vitamin C: 7.53mg (9.13%), Folate: 32.13µg (8.03%), Iron: 1.3mg (7.22%), Phosphorus: 70.17mg (7.02%), Calcium: 70.05mg (7%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.09mg (5.71%), Copper: 0.11mg (5.64%), Manganese: 0.11mg (5.45%), Selenium: 3.51µg (5.01%), Fiber: 1.25g (5%), Potassium: 139.02mg (3.97%), Zinc: 0.58mg (3.89%), Vitamin B6: 0.06mg (3.11%), Vitamin B3: 0.57mg (2.85%), Magnesium: 10.97mg (2.74%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.08µg (1.41%)