

Flavorful Oniony Asparagus

READY IN



20 min.

SERVINGS



10

CALORIES



75 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh trimmed
- 0.3 cup butter cubed
- 1 tablespoon onion soup mix
- 0.5 cup part-skim mozzarella cheese shredded

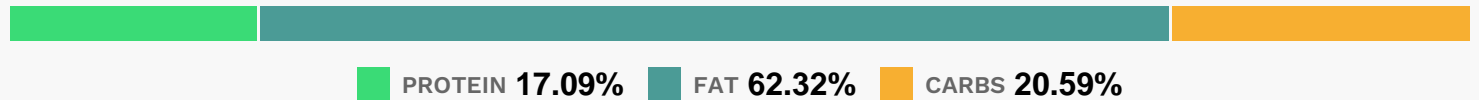
Equipment

- frying pan
- sauce pan
- steamer basket

Directions

- Place asparagus in a steamer basket.
- Place in a large saucepan or skillet over 1 in. of water; bring to a boil. Cover and steam for 4-5 minutes or until crisp-tender.
- In a small saucepan, melt butter.
- Add soup mix. Cook and stir for 1 minute or until heated through.
- Remove asparagus to a serving dish.
- Drizzle with butter mixture; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:7.6978260349968%

Flavonoids

Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

Nutrients (% of daily need)

Calories: 75.25kcal (3.76%), Fat: 5.61g (8.62%), Saturated Fat: 3.52g (22%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.81g (2.01%), Cholesterol: 15.79mg (5.26%), Sodium: 133.2mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 38.24µg (36.42%), Vitamin A: 854.7IU (17.09%), Folate: 47.85µg (11.96%), Iron: 1.96mg (10.91%), Vitamin B1: 0.13mg (8.87%), Copper: 0.18mg (8.78%), Vitamin B2: 0.15mg (8.76%), Fiber: 1.95g (7.82%), Vitamin E: 1.17mg (7.77%), Phosphorus: 76.05mg (7.6%), Manganese: 0.15mg (7.44%), Calcium: 68mg (6.8%), Vitamin C: 5.11mg (6.19%), Potassium: 194.72mg (5.56%), Vitamin B6: 0.09mg (4.55%), Vitamin B3: 0.91mg (4.53%), Zinc: 0.66mg (4.39%), Selenium: 2.99µg (4.27%), Magnesium: 14.55mg (3.64%), Vitamin B5: 0.27mg (2.66%)