



Flemish Style Asparagus Side Dish

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- 24 large asparagus fresh white green (or)
- 0.3 cup butter
- 3 hardboiled eggs
- 1 Handful flat parsley italian
- 0.5 juice of lemon

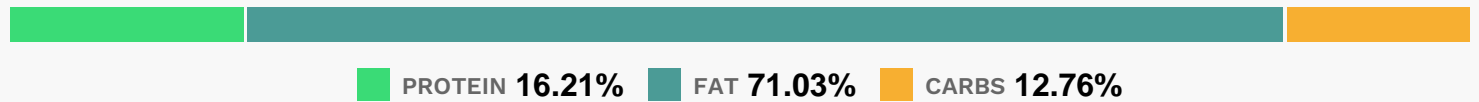
Equipment

- sauce pan
- whisk

Directions

- Peel the asparagus at its ends (not at the heads).
- Place the asparagus in a large saucepan. Fill with boiling water to cover the veggies completely.
- Add some salt.
- Let the asparagus cook till tender. About 3 to 4 mins. Chop some flat parsley into fine bits. Set aside. Boil 3 eggs till hard and peel them. Use a fork and mash the eggs. Mash the eggs till they are fine crumbs. Set aside. Melt butter in a saucepan.
- Add the juice from 1/2 lemon.
- Whisk the butter-lemon juice mixture constantly. Continue to boil gently for a couple of minutes. Stir in the mashed eggs. Stir well to combine.
- Add the chopped parsley. Stir well to combine. Plate the dish by laying a few stalks of the cooked asparagus on a plate and dish some sauce over them at the stalk ends. Season with salt and pepper.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index: 28.5, Glycemic Load: 0.83, Inflammation Score: -8, Nutrition Score: 15.751304347826%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.21mg, Isorhamnetin: 8.21mg, Isorhamnetin: 8.21mg, Isorhamnetin: 8.21mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 20.15mg, Quercetin: 20.15mg, Quercetin: 20.15mg, Quercetin: 20.15mg

Taste

Sweetness: 25.42%, Saltiness: 26.52%, Sourness: 28.51%, Bitterness: 30.64%, Savoriness: 12.36%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 189.83kcal (9.49%), Fat: 15.67g (24.11%), Saturated Fat: 8.58g (53.61%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 3.27g (1.19%), Sugar: 3.24g (3.6%), Cholesterol: 170.38mg (56.79%), Sodium: 141.2mg (6.14%), Protein: 8.05g (16.1%), Vitamin K: 77.41µg (73.72%), Vitamin A: 1722.65IU (34.45%), Vitamin B2: 0.4mg (23.63%), Folate: 94.08µg (23.52%), Selenium: 15.01µg (21.44%), Iron: 3.6mg (19.98%), Vitamin E: 2.36mg (15.7%), Vitamin B1: 0.23mg (15.54%), Phosphorus: 143.67mg (14.37%), Copper: 0.28mg (13.96%), Vitamin C: 10.85mg (13.15%), Fiber: 3.07g (12.27%), Manganese: 0.24mg (11.97%), Potassium: 350.94mg (10.03%), Vitamin B5: 0.94mg (9.43%), Vitamin B6: 0.18mg (8.97%), Zinc: 1.2mg (7.98%), Vitamin B12: 0.44µg (7.34%), Vitamin B3: 1.45mg (7.27%), Magnesium: 24.92mg (6.23%), Calcium: 58.32mg (5.83%), Vitamin D: 0.83µg (5.5%)