



Garlicky Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears trimmed
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt

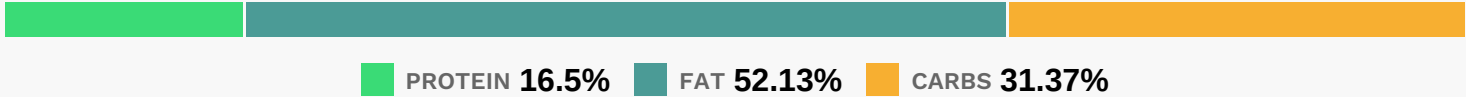
Equipment

- ☐ frying pan

Directions

- ☐ Steam asparagus 4 minutes or until crisp-tender.
- ☐ While asparagus steams, heat oil in a large skillet over medium heat.
- ☐ Add garlic; cook 2 minutes or until fragrant, stirring frequently.
- ☐ Add asparagus, salt, and pepper; toss to combine.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:9.0391305114912%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 56.01kcal (2.8%), Fat: 3.65g (5.61%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 2.51g (0.91%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 75.28mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin K: 49.41µg (47.06%), Vitamin A: 857.77IU (17.16%), Folate: 59.02µg (14.76%), Iron: 2.48mg (13.77%), Vitamin E: 1.79mg (11.91%), Vitamin B1: 0.17mg (11.02%), Copper: 0.22mg (10.98%), Manganese: 0.21mg (10.62%), Fiber: 2.43g (9.71%), Vitamin B2: 0.16mg (9.51%), Vitamin C: 6.82mg (8.26%), Potassium: 235.96mg (6.74%), Phosphorus: 61.36mg (6.14%), Vitamin B6: 0.12mg (6.1%), Vitamin B3: 1.12mg (5.6%), Zinc: 0.63mg (4.2%), Magnesium: 16.36mg (4.09%), Selenium: 2.82µg (4.03%), Vitamin B5: 0.32mg (3.21%), Calcium: 30.29mg (3.03%)