



Gluten-Free Asparagus and Corn with Honey Mustard Glaze

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 lb asparagus fresh
- 1 cup corn frozen
- 2 teaspoons dijon mustard
- 2 teaspoons honey
- 0.3 teaspoon lemon pepper

Equipment

- bowl

sauce pan

Directions

Snap off tough ends of asparagus and discard.

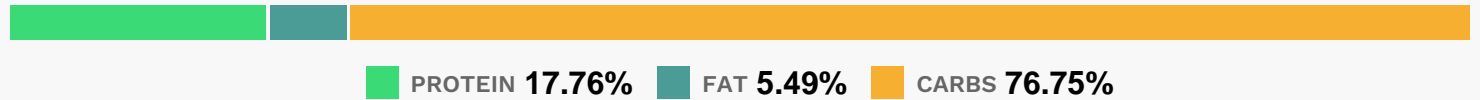
Cut spears into 1-inch pieces.

In 2-quart saucepan, heat 1/2 cup water to boiling.

Add asparagus and corn; reduce heat. Simmer uncovered 5 to 8 minutes or until asparagus is crisp tender; drain.

In small bowl, mix mustard, honey and lemon-pepper seasoning. Stir into hot vegetables.

Nutrition Facts



Properties

Glycemic Index:29.65, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:8.6165217213009%

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: 60.47kcal (3.02%), Fat: 0.44g (0.67%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 10.81g (3.93%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 25.6mg (1.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin K: 37.93µg (36.13%), Folate: 60.59µg (15.15%), Vitamin A: 689.12IU (13.78%), Iron: 2.22mg (12.33%), Fiber: 2.95g (11.78%), Vitamin B1: 0.17mg (11.17%), Manganese: 0.22mg (10.94%), Copper: 0.19mg (9.61%), Vitamin B2: 0.16mg (9.38%), Vitamin C: 7.48mg (9.06%), Potassium: 286.06mg (8.17%), Phosphorus: 78.31mg (7.83%), Vitamin B3: 1.46mg (7.29%), Vitamin B6: 0.14mg (7.2%), Vitamin E: 1.03mg (6.89%), Magnesium: 24.45mg (6.11%), Zinc: 0.74mg (4.94%), Selenium: 3.06µg (4.37%), Vitamin B5: 0.35mg (3.55%), Calcium: 24.96mg (2.5%)