



Griddled asparagus with flaked almonds & butter



Vegetarian



Gluten Free

READY IN



11 min.

SERVINGS



2

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 200 g asparagus spear
- ☐ 2 servings little olive oil
- ☐ 1 knob butter
- ☐ 1 tsp almond flaked toasted

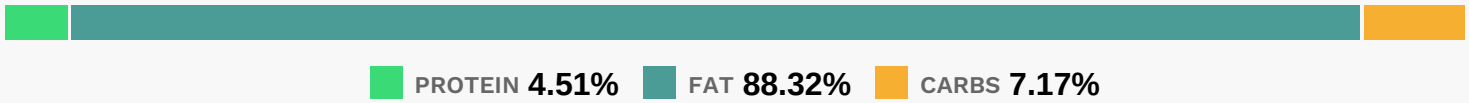
Equipment

- ☐ frying pan

Directions

- ☐ Cook asparagus in boiling salted water for 2 mins.
- ☐ Drain, then toss with a little olive oil.
- ☐ Heat a griddle pan to very hot, place the spears on the griddle and cook for a few mins, turning to get a nice charred effect all over. Meanwhile, melt a knob of butter in a pan. Divide the asparagus between 2 plates, season and top each pile with a drizzle of melted butter and toasted flaked almonds.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:9.5199999420539%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg, Isorhamnetin: 5.75mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 13.99mg, Quercetin: 13.99mg, Quercetin: 13.99mg, Quercetin: 13.99mg

Nutrients (% of daily need)

Calories: 230.63kcal (11.53%), Fat: 23.63g (36.36%), Saturated Fat: 7.45g (46.53%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.97g (2.19%), Cholesterol: 22.58mg (7.53%), Sodium: 69.82mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin K: 50.76µg (48.35%), Vitamin E: 3.9mg (26.01%), Vitamin A: 1018.41IU (20.37%), Folate: 53.19µg (13.3%), Iron: 2.29mg (12.75%), Copper: 0.21mg (10.48%), Manganese: 0.2mg (10.19%), Vitamin B2: 0.17mg (9.85%), Vitamin B1: 0.15mg (9.84%), Fiber: 2.35g (9.4%), Vitamin C: 5.6mg (6.79%), Phosphorus: 64.14mg (6.41%), Potassium: 219.32mg (6.27%), Vitamin B3: 1.05mg (5.27%), Magnesium: 19.61mg (4.9%), Vitamin B6: 0.09mg (4.7%), Zinc: 0.61mg (4.08%), Selenium: 2.49µg (3.55%), Calcium: 32.04mg (3.2%), Vitamin B5: 0.29mg (2.95%)