



Hawaiian Asparagus



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed cut in 1-inch diagonal slices
- ☐ 0.3 cup beef broth
- ☐ 4 slices bacon cooked cut into bite-size pieces
- ☐ 2 tablespoons olive oil
- ☐ 4 servings bell pepper to taste
- ☐ 2 tablespoons sesame seed lightly toasted

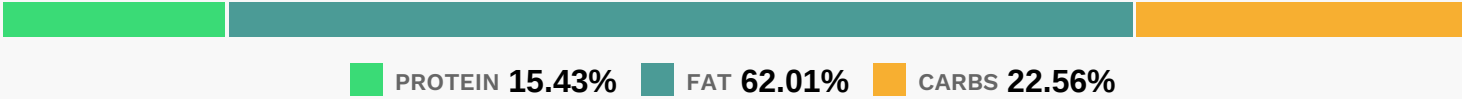
Equipment

- ☐ frying pan

Directions

- ☐
- In a skillet over medium heat, cook asparagus in oil for 2 to 3 minutes.
- ☐
- Add beef broth; cover, reduce heat and simmer for 4 to 5 minutes, until asparagus is cooked to desired tenderness. Stir in bacon, pepper and sesame seed.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:20.901304320797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 165.34kcal (8.27%), Fat: 12.19g (18.75%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 5.55g (2.02%), Sugar: 5.27g (5.86%), Cholesterol: 7.92mg (2.64%), Sodium: 196.03mg (8.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin C: 101.71mg (123.29%), Vitamin A: 3193.2IU (63.86%), Vitamin K: 55.04µg (52.42%), Folate: 97.42µg (24.35%), Vitamin E: 3.51mg (23.4%), Copper: 0.4mg (19.93%), Vitamin B6: 0.4mg (19.79%), Iron: 3.47mg (19.28%), Vitamin B1: 0.28mg (18.61%), Manganese: 0.36mg (18.21%), Fiber: 4.42g (17.67%), Vitamin B2: 0.25mg (14.99%), Vitamin B3: 2.98mg (14.88%), Phosphorus: 136.49mg (13.65%), Potassium: 453.07mg (12.94%), Selenium: 8.22µg (11.74%), Magnesium: 41.64mg (10.41%), Zinc: 1.35mg (9.02%), Calcium: 73.28mg (7.33%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.1µg (1.63%)