



HEALTH SCORE

53%

Hazelnut Parmesan Asparagus



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 2 cups water
- ☐ 2 pounds asparagus
- ☐ 2 tablespoons butter
- ☐ 8 ounces mushrooms sliced (3 cups)
- ☐ 1.5 teaspoons basil dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup parmesan shredded

☐ 0.3 cup hazelnuts chopped (filberts)

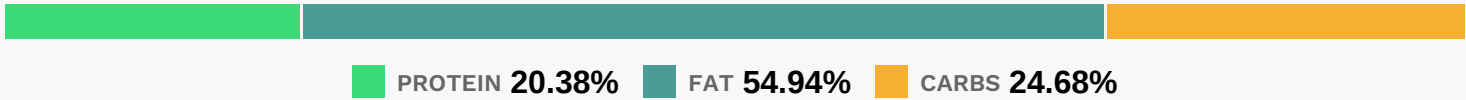
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, heat water to boiling.
- ☐ Add asparagus.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook 4 to 6 minutes or until crisp-tender.
- ☐ Drain; set aside.
- ☐ In same skillet, melt margarine over medium-high heat. Stir in mushrooms. Cook 2 to 3 minutes, stirring frequently, until mushrooms are light brown.
- ☐ Stir asparagus, basil, salt and pepper into mushrooms until vegetables are coated with seasonings and asparagus is heated through.
- ☐ Sprinkle with cheese and hazelnuts.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:12.596521733896%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 90.48kcal (4.52%), Fat: 6.15g (9.46%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.88g (3.21%), Cholesterol: 2.13mg (0.71%), Sodium: 162.54mg (7.07%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin K: 51.08µg (48.64%), Manganese: 0.45mg (22.56%), Vitamin A: 1009.38IU (20.19%), Copper: 0.38mg (19.21%), Folate: 68.87µg (17.22%), Vitamin B2: 0.29mg (17.18%), Iron: 2.95mg (16.36%), Vitamin B1: 0.21mg (14.07%), Vitamin E: 1.98mg (13.22%), Fiber: 3.12g (12.46%), Phosphorus: 117.33mg (11.73%), Vitamin B3: 2.22mg (11.1%), Potassium: 354.84mg (10.14%), Vitamin C: 7.19mg (8.72%), Selenium: 6.05µg (8.64%), Vitamin B6: 0.16mg (7.98%), Vitamin B5: 0.79mg (7.89%), Calcium: 76.69mg (7.67%), Magnesium: 28.05mg (7.01%), Zinc: 0.96mg (6.38%)