



HEALTH SCORE

51%

Hazelnut Parmesan Asparagus



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup hazelnuts chopped (filberts)
- ☐ 2 tablespoons butter
- ☐ 8 ounces mushrooms sliced (3 cups)
- ☐ 0.3 cup parmesan shredded
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water

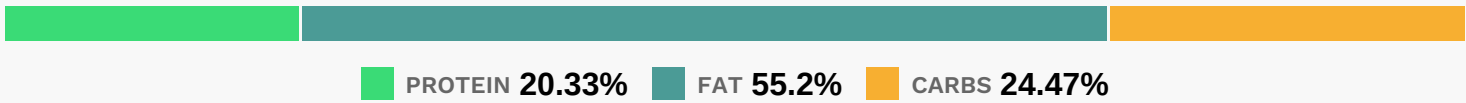
Equipment

☐ 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:12.289565318305%

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: 90.04kcal (4.5%), Fat: 6.14g (9.44%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.88g (3.2%), Cholesterol: 2.13mg (0.71%), Sodium: 162.39mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin K: 47.86µg (45.58%), Manganese: 0.43mg

(21.64%), Vitamin A: 1007.98IU (20.16%), Copper: 0.38mg (19.02%), Folate: 68.29µg (17.07%), Vitamin B2: 0.29mg (17.05%), Iron: 2.78mg (15.43%), Vitamin B1: 0.21mg (14.06%), Vitamin E: 1.96mg (13.09%), Fiber: 3.04g (12.18%), Phosphorus: 116.81mg (11.68%), Vitamin B3: 2.21mg (11.05%), Potassium: 349.91mg (10%), Vitamin C: 7.19mg (8.71%), Selenium: 6.04µg (8.63%), Vitamin B5: 0.79mg (7.87%), Vitamin B6: 0.16mg (7.86%), Calcium: 72.49mg (7.25%), Magnesium: 26.72mg (6.68%), Zinc: 0.94mg (6.3%)