



Honey-Lime Asparagus with Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus thick trimmed halved lengthwise
- ☐ 2 ounces goat cheese
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons pinenuts

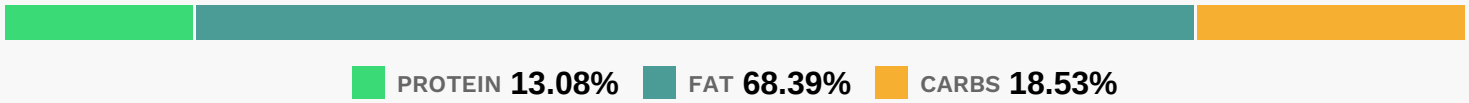
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the asparagus and cook until crisp-tender, 3 to 4 minutes.
- ☐ Drain. Meanwhile, in a skillet, lightly toast the pine nuts over medium heat, stirring occasionally, about 5 minutes. Set aside. In a large bowl, whisk together the lime juice, lime zest, oil, honey, and salt until smooth.
- ☐ Add the asparagus and toss well. Top with the goat cheese and toasted pine nuts before serving.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:12.330000071422%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 167.21kcal (8.36%), Fat: 13.55g (20.84%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 5.67g (2.06%), Sugar: 5.37g (5.97%), Cholesterol: 6.52mg (2.17%), Sodium: 200.23mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin K: 54.36µg (51.77%), Manganese: 0.64mg (31.86%), Vitamin A: 1007.04IU (20.14%), Copper: 0.39mg (19.32%), Vitamin E: 2.79mg (18.6%), Iron: 3.03mg (16.84%), Folate: 62.81µg (15.7%), Vitamin B2: 0.23mg (13.35%), Vitamin B1: 0.19mg (12.75%), Phosphorus: 124.67mg (12.47%), Fiber: 2.59g (10.35%), Vitamin C: 7.53mg (9.13%), Magnesium: 31.07mg (7.77%), Potassium: 268.91mg

(7.68%), Vitamin B6: 0.15mg (7.28%), Zinc: 1.08mg (7.18%), Vitamin B3: 1.4mg (7%), Calcium: 48.76mg (4.88%),
Selenium: 3.07µg (4.39%), Vitamin B5: 0.43mg (4.3%)