



Italian-Style Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley dried fresh chopped
- ☐ 0.3 cup dressing fat-free italian
- ☐ 1 cup plum tomatoes finely chopped (2 large)

Equipment

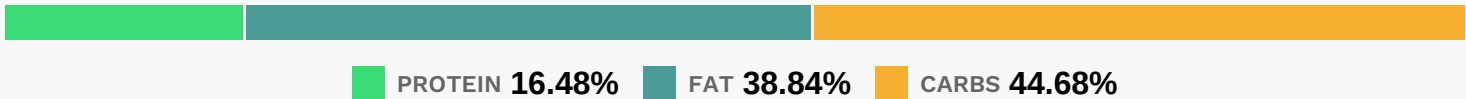
- ☐ knife
- ☐ peeler

☐ steamer basket

Directions

- ☐ Snap off tough ends of asparagus spears.
- ☐ Remove scales from spears with a knife or vegetable peeler, if desired. Arrange asparagus in a steamer basket over boiling water. Cover and steam 4 minutes or until asparagus is crisp-tender.
- ☐ Place asparagus in a shallow dish; add tomato and remaining ingredients, and toss gently.
- ☐ Serve immediately, or cover and chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:12.206956510958%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 8.17mg, Isorhamnetin: 8.17mg, Isorhamnetin: 8.17mg, Isorhamnetin: 8.17mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg, Quercetin: 16.23mg

Nutrients (% of daily need)

Calories: 70.26kcal (3.51%), Fat: 3.39g (5.21%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 5.52g (2.01%), Sugar: 5.32g (5.92%), Cholesterol: 0mg (0%), Sodium: 153.35mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin K: 68.47µg (65.21%), Vitamin A: 1397.61IU (27.95%), Vitamin C: 15.57mg (18.88%), Folate: 69.53µg (17.38%), Iron: 2.75mg (15.26%), Manganese: 0.3mg (15.15%), Vitamin E: 1.97mg (13.13%), Fiber: 3.24g (12.97%), Copper: 0.26mg (12.85%), Vitamin B1: 0.19mg (12.57%), Potassium: 397.21mg (11.35%), Vitamin B2: 0.18mg (10.82%), Vitamin B6: 0.17mg (8.27%), Phosphorus: 77.98mg (7.8%), Vitamin B3: 1.53mg (7.67%), Magnesium: 25.43mg (6.36%), Zinc: 0.75mg (5.03%), Selenium: 2.98µg (4.26%), Calcium: 41.43mg (4.14%), Vitamin B5: 0.37mg (3.71%)