



## John's Raspberry Asparagus

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus fresh trimmed
- 0.5 juice of lemon juiced
- 8 ounce yogurt low-fat

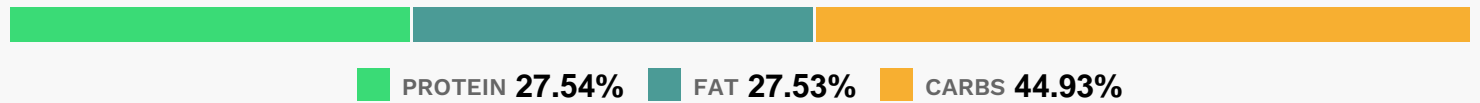
### Equipment

- sauce pan
- steamer basket

## Directions

- Place the asparagus in a steamer basket, and set over about 1 inch of boiling water. Cover, and steam for 5 to 8 minutes, or until tender and bright green.
- In a small saucepan, stir together the yogurt and lemon juice. Cook over medium heat until warmed.
- Place steamed asparagus onto serving plates, and spoon the sauce over, or serve sauce separately.

## Nutrition Facts



## Properties

Glycemic Index:12.75, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:10.265217547831%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 58.09kcal (2.9%), Fat: 1.99g (3.06%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 4.91g (1.78%), Sugar: 4.87g (5.41%), Cholesterol: 7.37mg (2.46%), Sodium: 28.39mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.95%), Vitamin K: 47.29µg (45.04%), Vitamin A: 913.65IU (18.27%), Folate: 63.69µg (15.92%), Vitamin B2: 0.24mg (14.17%), Iron: 2.46mg (13.66%), Vitamin B1: 0.18mg (11.97%), Phosphorus: 113.13mg (11.31%), Copper: 0.22mg (11%), Vitamin C: 8.09mg (9.8%), Calcium: 96.05mg (9.6%), Fiber: 2.39g (9.57%), Potassium: 320.81mg (9.17%), Manganese: 0.18mg (9.09%), Vitamin E: 1.32mg (8.81%), Zinc: 0.95mg (6.32%), Vitamin B6: 0.12mg (6.15%), Vitamin B3: 1.15mg (5.77%), Magnesium: 22.9mg (5.73%), Selenium: 3.86µg (5.51%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.21µg (3.5%)