



# Lemon Asparagus

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

## Ingredients

- 1 pound asparagus fresh cut into 1-inch pieces
- 2 tablespoons butter melted
- 1 pinch tarragon dried
- 1 teaspoons juice of lemon
- 6 servings salt and pepper to taste
- 2 tablespoons water

## Equipment

- bowl

microwave

## Directions

- Place asparagus and water in a 1-1/2-qt. microwave-safe bowl. Cover and microwave on high for 4-5 minutes or until crisp-tender; drain.
- Add butter, lemon juice and tarragon; toss to coat.
- Sprinkle with salt and pepper.

## Nutrition Facts

 **PROTEIN 12.85%**  **FAT 64.48%**  **CARBS 22.67%**

## Properties

Glycemic Index:25.33, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:6.0147826205129%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

## Nutrients (% of daily need)

Calories: 49.25kcal (2.46%), Fat: 3.89g (5.98%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 1.47g (0.54%), Sugar: 1.45g (1.61%), Cholesterol: 10.03mg (3.34%), Sodium: 225.67mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin K: 31.78µg (30.26%), Vitamin A: 695.2IU (13.9%), Folate: 40.07µg (10.02%), Iron: 1.67mg (9.3%), Vitamin B1: 0.11mg (7.26%), Copper: 0.15mg (7.25%), Manganese: 0.13mg (6.67%), Vitamin B2: 0.11mg (6.5%), Vitamin E: 0.96mg (6.43%), Fiber: 1.6g (6.41%), Vitamin C: 4.64mg (5.62%), Potassium: 159.76mg (4.56%), Phosphorus: 41.02mg (4.1%), Vitamin B3: 0.76mg (3.78%), Vitamin B6: 0.07mg (3.67%), Magnesium: 11.36mg (2.84%), Zinc: 0.42mg (2.8%), Selenium: 1.79µg (2.56%), Calcium: 21.48mg (2.15%), Vitamin B5: 0.21mg (2.13%)