



## Lemon-Garlic Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus trimmed
- 0.3 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 0.1 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 2 teaspoons olive oil

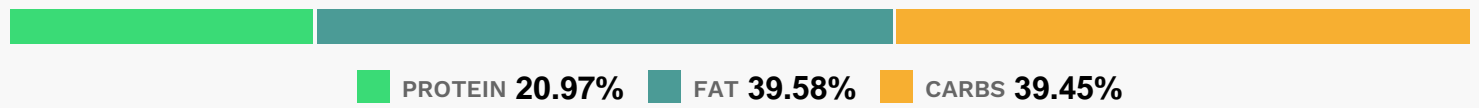
### Equipment

- frying pan

## Directions

- Heat a large skillet over medium-high heat.
- Add olive oil to pan; swirl to coat.
- Add asparagus; saut 3 minutes or until crisp-tender.
- Add minced garlic; cook 1 minute, stirring occasionally.
- Remove from heat.
- Add lemon juice, pepper, and salt; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:8.902173726455%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

## Nutrients (% of daily need)

Calories: 42.07kcal (2.1%), Fat: 2.15g (3.3%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 2.38g (0.87%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 75.14mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 48.6µg (46.28%), Vitamin A: 858.12IU (17.16%), Folate: 59.26µg (14.82%), Iron: 2.46mg (13.69%), Vitamin B1: 0.16mg (10.94%), Copper: 0.22mg (10.92%), Vitamin E: 1.57mg (10.49%), Manganese: 0.21mg (10.4%), Fiber: 2.43g (9.73%), Vitamin B2: 0.16mg (9.48%), Vitamin C: 7.07mg (8.57%), Potassium: 235.06mg (6.72%), Phosphorus: 60.41mg (6.04%), Vitamin B6: 0.11mg (5.67%), Vitamin B3: 1.12mg (5.58%), Zinc: 0.62mg (4.16%), Magnesium: 16.35mg (4.09%), Selenium: 2.72µg (3.89%), Vitamin B5: 0.32mg (3.19%), Calcium: 29.27mg (2.93%)