



Lemon-Glazed Asparagus



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus fresh
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup water
- ☐ 1 teaspoon cornstarch

Equipment

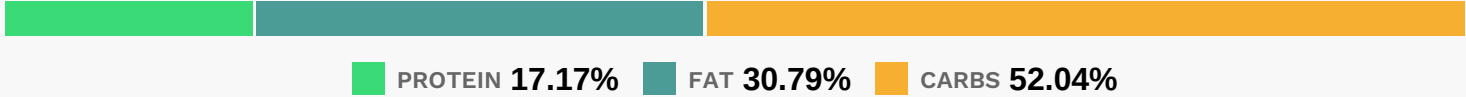
- ☐ bowl

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Trim asparagus; cut spears diagonally in half.
- ☐ Place 3 inches water in 4-quart Dutch oven.
- ☐ Heat to boiling.
- ☐ Add asparagus; reduce heat. Cover and cook 3 to 5 minutes or until crisp-tender.
- ☐ Drain; place in serving bowl.
- ☐ Meanwhile, heat butter, honey and lemon juice in 1-quart saucepan over medium-low heat, stirring frequently, until butter is melted.
- ☐ Mix 1/4 water and the cornstarch in small bowl. Stir into lemon mixture. Cook over medium heat, stirring constantly, until bubbly and thickened.
- ☐ Pour glaze over asparagus.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:3.22, Inflammation Score:-8, Nutrition Score:13.086086876852%

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: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 77.32kcal (3.87%), Fat: 3.02g (4.65%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 7.91g (2.88%), Sugar: 7.54g (8.38%), Cholesterol: 0mg (0%), Sodium: 37.41mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin K: 70.76µg (67.39%), Vitamin A: 1411.2IU (28.22%), Folate: 88.84µg (22.21%), Iron: 3.67mg (20.36%), Copper: 0.33mg (16.31%), Vitamin B1: 0.24mg (16.26%), Fiber: 3.59g (14.36%), Vitamin B2: 0.24mg (14.31%), Manganese: 0.27mg (13.67%), Vitamin E: 2.03mg (13.55%), Vitamin C:

10.04mg (12.17%), Potassium: 349.1mg (9.97%), Phosphorus: 89.63mg (8.96%), Vitamin B3: 1.67mg (8.36%), Vitamin B6: 0.16mg (7.85%), Zinc: 0.93mg (6.22%), Magnesium: 24.26mg (6.07%), Selenium: 3.97µg (5.67%), Vitamin B5: 0.47mg (4.74%), Calcium: 42.72mg (4.27%)