



Lemon-Tarragon Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.1 teaspoon lemon rind
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt

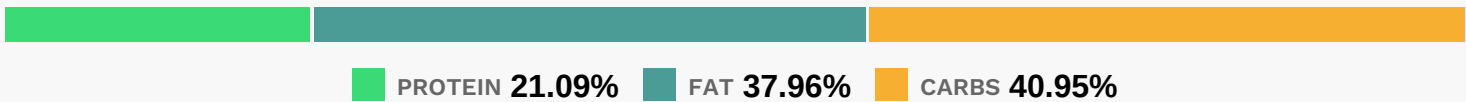
- ☐ 0.5 teaspoon shallots minced
- ☐ 2 teaspoons tarragon chopped

Equipment

Directions

- ☐ Cook asparagus in boiling water 2 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Combine lemon rind, lemon juice, tarragon, garlic, shallot, Dijon mustard, salt, pepper, and oil. Arrange asparagus on a platter.
- ☐ Drizzle tarragon mixture over asparagus; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:9.6265217635943%

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 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: 45.6kcal (2.28%), Fat: 2.24g (3.45%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 2.9g (1.06%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 155.31mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Vitamin K: 48.6µg (46.29%), Vitamin A: 900.72IU (18.01%), Folate: 62.63µg (15.66%), Iron: 2.8mg (15.54%), Manganese: 0.29mg (14.26%), Copper: 0.23mg (11.27%), Vitamin B1: 0.17mg (11.19%), Vitamin E: 1.58mg (10.53%), Vitamin C: 8.52mg (10.33%), Vitamin B2: 0.17mg (10.29%), Fiber: 2.55g (10.19%), Potassium: 268.21mg (7.66%), Vitamin B6: 0.14mg (6.77%), Phosphorus: 64mg (6.4%), Vitamin B3: 1.21mg (6.05%), Magnesium: 20.24mg (5.06%), Zinc: 0.66mg (4.43%), Selenium: 2.93µg (4.19%), Calcium: 40.74mg (4.07%), Vitamin B5: 0.32mg (3.22%)