



## Lemony Asparagus-Mushroom Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 2 cups diagonally cut asparagus ( )
- 0.3 cup parsley fresh finely chopped
- 1 garlic clove minced
- 0.1 teaspoon coarsely ground pepper black
- 0.3 teaspoon kosher salt
- 1.5 teaspoons lemon rind grated
- 2 cups mushrooms sliced
- 2 teaspoons olive oil

1 cup snow peas trimmed

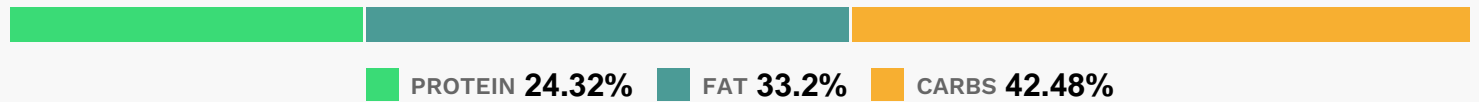
## Equipment

frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add asparagus, mushrooms, and snow peas; saut 7 minutes or until vegetables are tender.
- Add garlic; saut 1 minute.
- Combine parsley and remaining ingredients.
- Sprinkle over the vegetables.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:14.72695655149%

## Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

## Nutrients (% of daily need)

Calories: 55.36kcal (2.77%), Fat: 2.34g (3.6%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.27g (3.64%), Cholesterol: 0mg (0%), Sodium: 153.09mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin K: 117.32µg (111.73%), Vitamin C: 27.31mg (33.1%), Vitamin A: 1194.82IU (23.9%), Vitamin B2: 0.31mg (18.44%), Copper: 0.31mg (15.5%), Folate: 61.02µg (15.26%), Iron: 2.53mg (14.06%), Vitamin B3: 2.61mg (13.05%), Vitamin B1: 0.18mg (11.85%), Fiber: 2.8g (11.2%), Vitamin B5: 1.11mg (11.14%), Manganese: 0.22mg (10.85%), Potassium: 369.77mg (10.56%), Phosphorus: 93.34mg (9.33%), Selenium: 6.3µg (9%), Vitamin B6: 0.17mg (8.27%), Vitamin E: 1.19mg (7.91%), Magnesium: 22.49mg (5.62%), Zinc: 0.74mg (4.95%), Calcium: 37.7mg (3.77%)