



Marinated Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 4 garlic clove minced
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon pepper red
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup balsamic vinegar white

Equipment

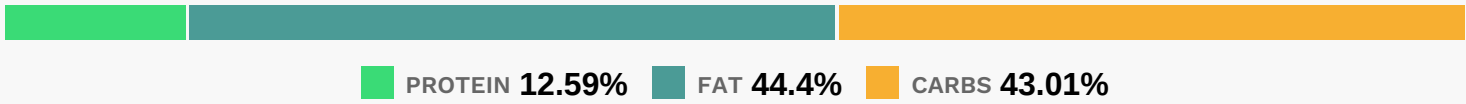
- ☐ whisk

☐ baking pan

Directions

- ☐ Snap off tough ends of asparagus, and cook asparagus in boiling water to cover 3 minutes or until asparagus is crisp-tender; drain.
- ☐ Plunge asparagus into ice water to stop the cooking process; drain. Arrange asparagus in a 13- x 9-inch baking dish.
- ☐ Whisk together olive oil, sugar, balsamic vinegar, garlic, and red pepper flakes until well blended; pour over asparagus. Cover and chill 8 hours.
- ☐ Drain before serving.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:9.3982608007348%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 81.22kcal (4.06%), Fat: 4.23g (6.51%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 6.73g (2.45%), Sugar: 6.04g (6.72%), Cholesterol: 0mg (0%), Sodium: 10.38mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 49.9µg (47.53%), Vitamin A: 931.55IU (18.63%), Folate: 59.08µg (14.77%), Iron: 2.63mg (14.63%), Vitamin E: 1.96mg (13.07%), Manganese: 0.23mg (11.47%), Copper: 0.23mg (11.28%), Vitamin B1: 0.17mg (11.05%), Fiber: 2.5g (10%), Vitamin B2: 0.16mg (9.66%), Vitamin C: 6.82mg (8.27%), Potassium: 257.87mg (7.37%), Phosphorus: 65.04mg (6.5%), Vitamin B6: 0.13mg (6.35%), Vitamin B3: 1.15mg (5.74%), Magnesium: 18.54mg (4.63%), Zinc: 0.65mg (4.36%), Selenium: 2.88µg (4.12%), Calcium: 35.11mg (3.51%), Vitamin B5: 0.32mg (3.22%)