

 67%
HEALTH SCORE

Marinated Asparagus Bundles

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



49 kcal

SIDE DISH

Ingredients

- 2.5 pounds asparagus
- 1 teaspoon tarragon dried
- 1 teaspoon ground mustard dry
- 10 spring onion
- 1 cup onion finely chopped
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper
- 2 bell pepper red cut into 20 strips

- 1 cup red wine vinegar
- 0.5 teaspoon salt
- 2 teaspoons sugar
- 0.5 cup water
- 1 teaspoon worcestershire sauce

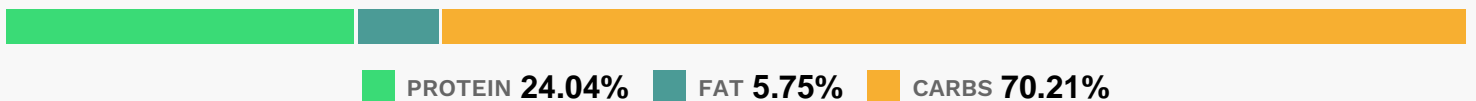
Equipment

- bowl
- baking pan

Directions

- Snap off tough ends of asparagus. Cover and cook in a small amount of boiling water 5 minutes or until crisp-tender.
- Drain and rinse under cold running water; drain well.
- Trim white portion from green onions, and reserve for another use.
- Place green onion tops in a bowl; add boiling water to cover.
- Drain immediately, and rinse under cold running water.
- Gather asparagus into 10 bundles, and add 2 bell pepper strips to each bundle. Tie each bundle with a green onion strip.
- Place bundles in a 13 x 9-inch baking dish.
- Combine chopped onion and next 9 ingredients (onion through pepper) in a bowl; stir well.
- Pour over asparagus bundles. Cover and chill 2 to 8 hours.
- To serve, remove asparagus bundles from marinade, and discard marinade. Arrange asparagus bundles on a serving platter.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:2.08, Inflammation Score:-9, Nutrition Score:14.408695635588%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg, Isorhamnetin: 7.27mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Quercetin: 20.44mg, Quercetin: 20.44mg, Quercetin: 20.44mg, Quercetin: 20.44mg

Nutrients (% of daily need)

Calories: 49.45kcal (2.47%), Fat: 0.35g (0.53%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 132.58mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Vitamin K: 74.59µg (71.03%), Vitamin C: 40.57mg (49.18%), Vitamin A: 1735.04IU (34.7%), Folate: 82.04µg (20.51%), Iron: 3.04mg (16.9%), Manganese: 0.29mg (14.71%), Fiber: 3.6g (14.41%), Vitamin B1: 0.19mg (12.79%), Copper: 0.24mg (12.24%), Vitamin E: 1.77mg (11.83%), Vitamin B2: 0.2mg (11.72%), Vitamin B6: 0.21mg (10.34%), Potassium: 360.62mg (10.3%), Phosphorus: 79.16mg (7.92%), Vitamin B3: 1.47mg (7.33%), Magnesium: 25.95mg (6.49%), Zinc: 0.78mg (5.21%), Calcium: 49.94mg (4.99%), Selenium: 3.23µg (4.61%), Vitamin B5: 0.42mg (4.19%)