



HEALTH SCORE

63%

Mint-dusted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds asparagus
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 servings salt and pepper

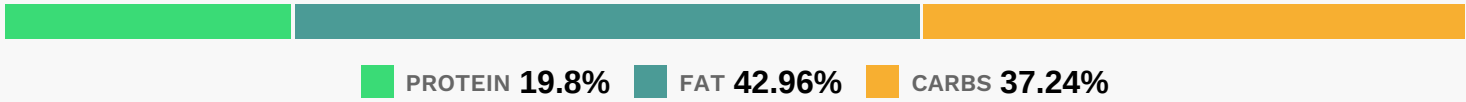
Equipment

- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 1 1/2 quarts water to a boil.
- ☐ Meanwhile, rinse asparagus and snap off and discard tough stem ends.
- ☐ Add asparagus to boiling water; cover and cook until barely tender to bite, 3 to 4 minutes.
- ☐ Drain. To serve at room temperature, immerse asparagus at once in ice water until cool; drain.
- ☐ Return hot or cool asparagus to unwashed pan.
- ☐ Add mint, olive oil, lemon juice, garlic, and salt and pepper to taste; mix gently.
- ☐ Pour into a serving dish.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:13.514348009358%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg

Nutrients (% of daily need)

Calories: 67.85kcal (3.39%), Fat: 3.73g (5.73%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 3.56g (1.29%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 197.89mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Vitamin K: 72.88µg (69.41%), Vitamin A: 1345.87IU (26.92%), Folate: 90.46µg (22.61%), Iron: 3.75mg (20.84%), Copper: 0.33mg (16.48%), Vitamin B1: 0.25mg (16.46%), Vitamin E: 2.43mg (16.2%), Manganese: 0.3mg (15.14%), Fiber: 3.71g (14.84%), Vitamin B2: 0.25mg (14.41%), Vitamin C: 11.01mg (13.35%), Potassium: 357.61mg (10.22%), Phosphorus: 91.16mg (9.12%), Vitamin B6: 0.17mg (8.49%), Vitamin B3: 1.7mg (8.48%), Magnesium: 25.31mg (6.33%), Zinc: 0.95mg (6.31%), Selenium: 4.06µg (5.8%), Vitamin B5: 0.48mg (4.79%), Calcium: 46.32mg (4.63%)