



WHATSheATE



Morel Mushroom and Asparagus Sauté



Vegetarian



Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces asparagus green trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 8 ounces morel mushrooms fresh halved lengthwise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 shallots thinly sliced
- ☐ 3 quarts water

☐ 12 ounces asparagus white trimmed

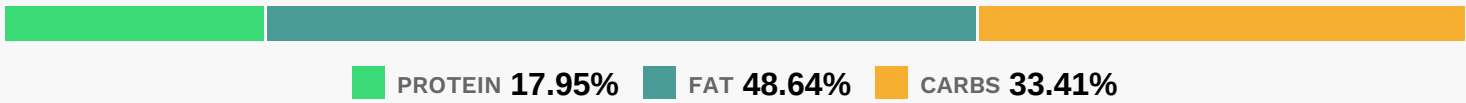
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring 3 quarts water to a boil in a large saucepan. Peel bottom 2 inches of white and green asparagus. Cook white asparagus in boiling water 5 minutes or until crisp-tender; remove with a slotted spoon to a colander. Rinse under cold water; drain well. Cook green asparagus in boiling water 2 minutes or until crisp-tender; remove with a slotted spoon to a colander. Rinse under cold water; drain well.
- ☐ Cut asparagus diagonally into 1 1/2-inch pieces.
- ☐ Melt butter in a large nonstick skillet over medium-high heat; swirl to coat.
- ☐ Add shallot; saut 1 minute, stirring constantly.
- ☐ Add morels and 1/4 teaspoon salt; saut 5 minutes or until mushrooms are lightly browned.
- ☐ Add asparagus, remaining 1/4 teaspoon salt, oil, and pepper; toss gently to coat. Cook 2 minutes or until asparagus is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:20.713478382839%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 112.44kcal (5.62%), Fat: 6.88g (10.58%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.03g (4.48%), Cholesterol: 7.53mg (2.51%), Sodium: 364.83mg (15.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin K: 73.37µg (69.87%), Iron: 10.66mg (59.2%), Copper: 0.8mg (39.84%), Manganese: 0.64mg (31.83%), Vitamin A: 1374.33IU (27.49%), Folate: 95.8µg (23.95%), Fiber: 5.39g (21.56%), Vitamin B2: 0.36mg (21.1%), Phosphorus: 203.23mg (20.32%), Vitamin D: 2.89µg (19.28%), Vitamin B1: 0.29mg (19.09%), Potassium: 600.1mg (17.15%), Vitamin E: 2.51mg (16.74%), Vitamin B3: 2.96mg (14.78%), Zinc: 2.17mg (14.47%), Vitamin B6: 0.25mg (12.7%), Vitamin C: 10.03mg (12.15%), Magnesium: 43.29mg (10.82%), Calcium: 90.42mg (9.04%), Selenium: 5.28µg (7.54%), Vitamin B5: 0.74mg (7.39%)