



HEALTH SCORE

85%

Mustard-Dressed Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds asparagus
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon mustard seeds
- ☐ 0.3 teaspoon salt

Equipment

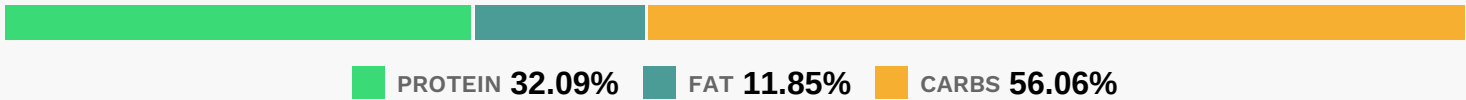
- ☐ bowl
- ☐ frying pan

☐ pot

Directions

- ☐ Snap off tough ends of asparagus. Bring 4 quarts water to a boil in an 8-quart stockpot.
- ☐ Add half of asparagus; cook 3 minutes.
- ☐ Remove asparagus from stockpot. Rinse with cold water; drain and pat dry. Repeat procedure with remaining asparagus.
- ☐ Combine the Dijon mustard, lemon juice, and salt in a small bowl.
- ☐ Place a large nonstick skillet over medium heat until hot.
- ☐ Add mustard seeds; cook 1 minute, stirring constantly.
- ☐ Add asparagus and mustard mixture, and cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:18.108695880226%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg

Nutrients (% of daily need)

Calories: 55.46kcal (2.77%), Fat: 0.91g (1.39%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 4.54g (1.65%), Sugar: 4.5g (5.01%), Cholesterol: 0mg (0%), Sodium: 118.67mg (5.16%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin K: 94.48µg (89.98%), Vitamin A: 1717.89IU (34.36%), Folate: 121.17µg (30.29%), Iron: 5.04mg (28.02%), Vitamin B1: 0.34mg (22.89%), Copper: 0.44mg (22.05%), Manganese: 0.41mg (20.41%), Fiber: 5.1g (20.41%), Vitamin B2: 0.33mg (19.2%), Vitamin E: 2.65mg (17.68%), Vitamin C: 14.26mg (17.29%), Potassium: 477.78mg (13.65%), Phosphorus: 133.67mg (13.37%), Selenium: 9.36µg (13.37%), Vitamin B3: 2.31mg (11.54%), Vitamin B6: 0.22mg (10.81%), Magnesium: 38.87mg (9.72%), Zinc: 1.33mg (8.9%), Vitamin B5: 0.65mg (6.49%), Calcium: 60.72mg (6.07%)