



Mustard-Sauced Asparagus with Chopped Egg



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound asparagus spears
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 teaspoons chives fresh minced
- ☐ 1.5 teaspoons dillweed fresh minced
- ☐ 1 hard-cooked egg chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 0.1 teaspoon salt

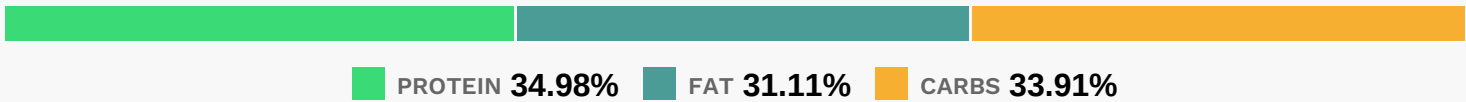
Equipment

- ☐ bowl
- ☐ knife
- ☐ peeler

Directions

- ☐ Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired. Steam asparagus, covered, 5 minutes or until crisp-tender. Rinse under cold water; drain and chill.
- ☐ Combine yogurt and next 5 ingredients (yogurt through pepper) in a bowl; stir well. Divide the asparagus evenly between 2 salad plates; top each with 2 tablespoons dressing and 1/2 chopped egg.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:12.751739025116%

Flavonoids

Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Nutrients (% of daily need)

Calories: 82.2kcal (4.11%), Fat: 3.02g (4.65%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 4.77g (1.73%), Sugar: 4.85g (5.39%), Cholesterol: 93.86mg (31.29%), Sodium: 257.29mg (11.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.29%), Vitamin K: 49.19µg (46.84%), Vitamin B2: 0.36mg (21.44%), Vitamin A: 1032.1IU (20.64%), Selenium: 13.12µg (18.75%), Folate: 74.91µg (18.73%), Iron: 2.86mg (15.9%), Phosphorus: 156.13mg (15.61%), Vitamin B1: 0.2mg (13.57%), Copper: 0.23mg (11.45%), Manganese: 0.23mg (11.41%), Fiber: 2.65g (10.59%), Calcium: 105.3mg (10.53%), Vitamin E: 1.56mg (10.4%), Potassium: 350.62mg (10.02%), Vitamin B5: 0.88mg (8.76%), Vitamin C: 7.15mg (8.66%), Zinc: 1.21mg (8.07%), Vitamin B12: 0.46µg (7.74%), Vitamin B6: 0.15mg (7.73%), Magnesium: 27.17mg (6.79%), Vitamin B3: 1.2mg (5.99%), Vitamin D: 0.55µg (3.67%)