



Norwegian Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



340 kcal

SAUCE

Ingredients

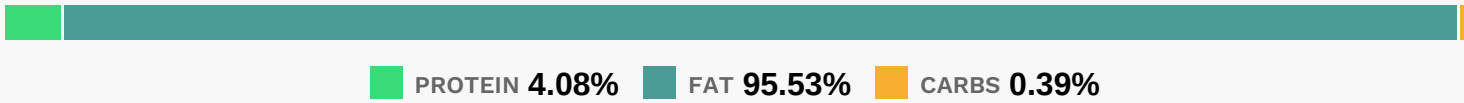
- ☐ 2 servings asparagus hot
- ☐ 6 tablespoons butter room-temperature
- ☐ 1 large hard-cooked egg

Equipment

Directions

Finely mash 1 hard-cooked large egg with 6 tablespoons room-temperature butter. Spoon onto hot asparagus.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:3.8986956771949%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 340.09kcal (17%), Fat: 36.72g (56.49%), Saturated Fat: 22.41g (140.03%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.32g (0.36%), Cholesterol: 183.55mg (61.18%), Sodium: 301.08mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Vitamin A: 1187.14IU (23.74%), Selenium: 8.14µg (11.63%), Vitamin B2: 0.14mg (8.47%), Vitamin E: 1.24mg (8.29%), Vitamin B12: 0.35µg (5.82%), Phosphorus: 53.6mg (5.36%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.55µg (3.67%), Vitamin K: 3.43µg (3.27%), Folate: 12.78µg (3.19%), Calcium: 22.82mg (2.28%), Zinc: 0.31mg (2.04%), Iron: 0.33mg (1.82%), Vitamin B6: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.34%), Potassium: 43.6mg (1.25%)