



## Nutty Asparagus

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus spears fresh
- 1 tablespoon juice of lemon
- 2 teaspoons butter melted reduced-calorie
- 0.1 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 1.5 tablespoons walnuts coarsely chopped

### Equipment

- oven

- knife
- baking pan
- peeler

## Directions

- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired.
- Place asparagus in an 8-inch square baking dish coated with cooking spray.
- Combine lemon juice and margarine; brush over asparagus.
- Sprinkle nuts, salt, and pepper over asparagus.
- Bake, uncovered, at 350 for 20 minutes or until asparagus is tender.

## Nutrition Facts

**PROTEIN 16.61%** **FAT 55.4%** **CARBS 27.99%**

## Properties

Glycemic Index:21, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:9.6639129717065%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

## Nutrients (% of daily need)

Calories: 66.16kcal (3.31%), Fat: 4.6g (7.08%), Saturated Fat: 0.7g (4.34%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 2.58g (0.94%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 171.31mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin K: 47.38µg (45.12%), Vitamin A: 948.03IU (18.96%), Folate: 63.43µg (15.86%), Manganese: 0.32mg (15.8%), Iron: 2.55mg (14.15%), Copper: 0.28mg (13.77%), Vitamin B1: 0.18mg (11.74%), Fiber: 2.66g (10.64%), Vitamin B2: 0.17mg (9.83%), Vitamin C: 7.86mg (9.52%), Vitamin E: 1.39mg (9.28%), Phosphorus: 72.92mg (7.29%), Potassium: 251.37mg (7.18%), Vitamin B6: 0.13mg (6.27%), Vitamin B3: 1.16mg (5.78%), Magnesium: 22.21mg (5.55%), Zinc: 0.73mg (4.87%), Selenium: 2.8µg (4%), Vitamin B5: 0.34mg (3.4%), Calcium: 32.23mg (3.22%)