



Orange-Herbed Asparagus

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



73 kcal

SIDE DISH

Ingredients

- 0.8 pound asparagus spears
- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon thyme leaves fresh chopped
- 1 garlic clove minced
- 1 tablespoon butter light softened
- 1 teaspoon orange rind freshly grated
- 0.1 teaspoon salt

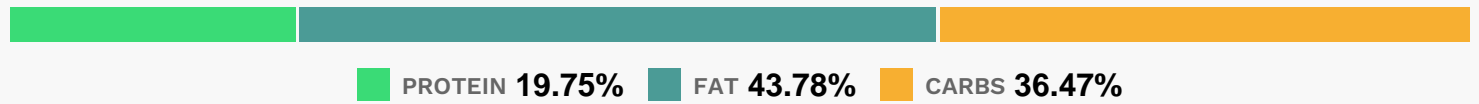
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine first 6 ingredients. Set aside.
- Snap off tough ends of asparagus.
- Place spears on a broiler pan. Coat with cooking spray.
- Broil 7 minutes or until lightly browned. Toss asparagus with butter mixture.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:13.823043455248%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.81mg, Quercetin: 23.81mg, Quercetin: 23.81mg, Quercetin: 23.81mg

Nutrients (% of daily need)

Calories: 73.48kcal (3.67%), Fat: 4.09g (6.29%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.21g (3.57%), Cholesterol: 7.42mg (2.47%), Sodium: 151.66mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin K: 71.33µg (67.93%), Vitamin A: 1457.32IU (29.15%), Folate: 89.34µg (22.33%), Iron: 3.94mg (21.88%), Copper: 0.33mg (16.71%), Vitamin B1: 0.25mg (16.58%), Manganese: 0.33mg (16.37%), Vitamin C: 12.95mg (15.7%), Fiber: 3.88g (15.52%), Vitamin B2: 0.25mg (14.84%), Vitamin E: 2.04mg (13.58%), Potassium: 364.48mg (10.41%), Phosphorus: 94.59mg (9.46%), Vitamin B6: 0.18mg (8.98%), Vitamin B3: 1.7mg (8.52%), Magnesium: 26.58mg (6.64%), Zinc: 0.98mg (6.51%), Selenium: 4.21µg (6.02%), Calcium: 53.2mg (5.32%), Vitamin B5: 0.49mg (4.86%)