



Pan-Fried Asparagus



Vegetarian



Gluten Free



Popular

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

190 kcal

SIDE DISH

Ingredients



1 pound asparagus spears fresh trimmed



0.3 cup butter



1 teaspoon coarse salt



3 cloves garlic minced



0.3 teaspoon ground pepper black



2 tablespoons olive oil

Equipment

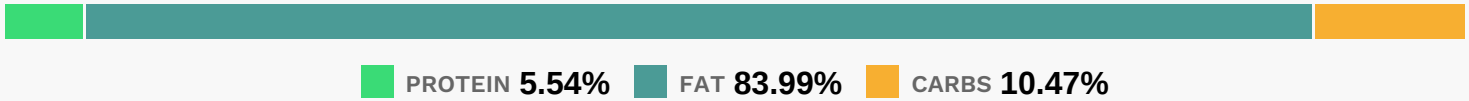


frying pan

Directions

- ☐ Melt butter in a skillet over medium–high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown.
- ☐ Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:9.9652173583922%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 189.95kcal (9.5%), Fat: 18.66g (28.7%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 2.77g (1.01%), Sugar: 2.16g (2.4%), Cholesterol: 30.5mg (10.17%), Sodium: 675.41mg (29.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin K: 52.62µg (50.12%), Vitamin A: 1212.72IU (24.25%), Vitamin E: 2.62mg (17.48%), Folate: 59.48µg (14.87%), Iron: 2.52mg (14.02%), Manganese: 0.23mg (11.71%), Vitamin B1: 0.17mg (11.17%), Copper: 0.22mg (11.16%), Vitamin B2: 0.17mg (9.85%), Fiber: 2.46g (9.84%), Vitamin C: 7.05mg (8.55%), Potassium: 243.34mg (6.95%), Phosphorus: 66.01mg (6.6%), Vitamin B6: 0.13mg (6.59%), Vitamin B3: 1.13mg (5.66%), Selenium: 3.08µg (4.4%), Zinc: 0.65mg (4.36%), Magnesium: 16.95mg (4.24%), Calcium: 35.68mg (3.57%), Vitamin B5: 0.34mg (3.41%)