



Quick-Pickled Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons pickling spice
- ☐ 1 pounds asparagus rinsed
- ☐ 0.8 cup rice vinegar
- ☐ 2 tablespoons salt
- ☐ 2 tablespoons sugar

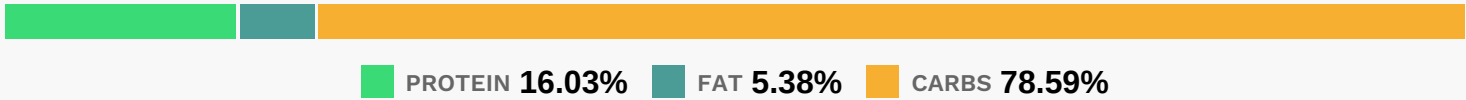
Equipment

- ☐ frying pan

Directions

- ☐ In wide 4- to 5-quart pan, combine vinegar, salt, sugar, pickling spice, and 2 cups water. Bring to a boil over high heat, then reduce heat and simmer for 15 minutes.
- ☐ Add asparagus; if liquid doesn't cover it, add water to cover. Simmer, stirring occasionally, until asparagus has faded to dull green and is tender-crisp to bite, 4 to 6 minutes.
- ☐ Remove from heat; add 1 cup ice cubes to stop cooking.
- ☐ Let stand at least 30 minutes (see notes).
- ☐ Drain asparagus and arrange on a platter or seal in a container for transport.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:3.29, Inflammation Score:-6, Nutrition Score:9.8743477696958%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 49.32kcal (2.47%), Fat: 0.31g (0.48%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 6.64g (2.42%), Sugar: 5.63g (6.25%), Cholesterol: 0mg (0%), Sodium: 2328.9mg (101.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Vitamin K: 62.09µg (59.14%), Manganese: 0.39mg (19.45%), Iron: 3.46mg (19.24%), Fiber: 3.68g (14.73%), Vitamin A: 655.37IU (13.11%), Folate: 50.99µg (12.75%), Vitamin E: 1.75mg (11.7%), Calcium: 100.25mg (10.03%), Copper: 0.18mg (8.9%), Vitamin B2: 0.13mg (7.85%), Vitamin B1: 0.12mg (7.79%), Potassium: 216.01mg (6.17%), Magnesium: 24.27mg (6.07%), Vitamin B6: 0.12mg (6.01%), Vitamin C: 4.35mg (5.27%), Vitamin B3: 0.97mg (4.84%), Phosphorus: 47.88mg (4.79%), Zinc: 0.55mg (3.67%), Selenium: 2.15µg (3.07%), Vitamin B5: 0.25mg (2.53%)