



Raspberry-Asparagus Medley

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- 2.5 cups asparagus sliced (1-inch) (1 pound)
- 1.5 teaspoons dijon mustard
- 0.5 teaspoon lemon rind grated
- 2 tablespoons pecans toasted finely chopped
- 1.5 cups raspberries fresh
- 2 tablespoons raspberry preserves
- 0.1 teaspoon salt
- 1 tablespoon citrus champagne vinegar

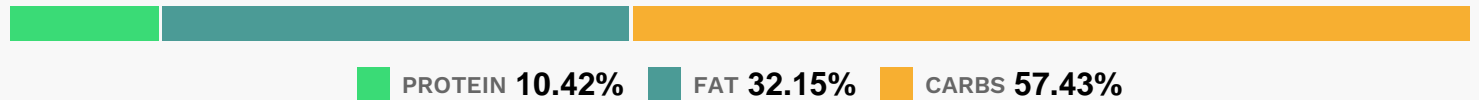
Equipment

- bowl
- sauce pan

Directions

- Combine first 4 ingredients in a small saucepan; bring to a boil.
- Remove from heat; stir in rind.
- Cook asparagus in boiling water 2 minutes or until crisp-tender.
- Drain and plunge into ice water; drain.
- Combine preserves mixture, asparagus, and raspberries in a bowl; toss gently to coat.
- Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:3.24, Inflammation Score:-5, Nutrition Score:7.2204347382421%

Flavonoids

Cyanidin: 14.09mg, Cyanidin: 14.09mg, Cyanidin: 14.09mg, Cyanidin: 14.09mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 69.65kcal (3.48%), Fat: 2.71g (4.17%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 65.96mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin K: 25.7µg (24.48%), Manganese: 0.45mg (22.42%), Vitamin C: 11.84mg (14.35%), Fiber: 3.59g (14.35%), Folate: 36.91µg (9.23%), Copper: 0.18mg (9.03%), Vitamin A: 434.84IU (8.7%), Iron: 1.55mg (8.62%), Vitamin B1: 0.12mg (7.66%), Vitamin E: 0.95mg (6.34%), Vitamin B2: 0.1mg (5.91%), Potassium: 180.01mg (5.14%), Phosphorus: 49.8mg (4.98%), Magnesium: 19.44mg (4.86%), Zinc: 0.59mg (3.95%), Vitamin B3: 0.77mg (3.87%), Vitamin B6: 0.08mg (3.84%), Selenium: 2.03µg (2.9%), Vitamin B5: 0.29mg (2.86%), Calcium: 25.76mg (2.58%)