

Roasted Asparagus and Portabella Mushrooms with Horseradish Sauce

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed
- 1.5 tsp cornstarch dissolved in 2 tbsp. water
- 1 tsp basil dried
- 1 tsp garlic chopped
- 2 tbsp horseradish fresh pureed prepared to taste (or horseradish)
- 1 tbsp nutritional yeast
- 2 large portabello mushrooms sliced

- 1 tsp salt
- 1 cup non-dairy milk plain
- 0.1 tsp pepper white

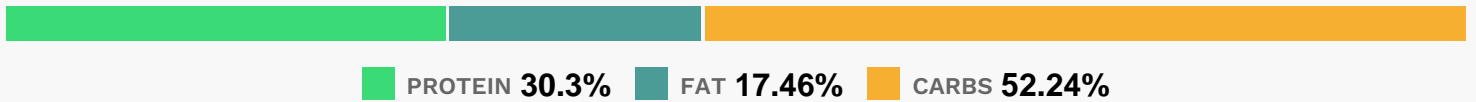
Equipment

- sauce pan
- baking pan

Directions

- Place the asparagus and mushrooms in a large, oiled baking dish and sprinkle with 2 cloves garlic. Roast, stirring every 5 minutes, for 10–15 minutes, until asparagus are just starting to brown.
- Heat the soymilk in a saucepan and add the 1 tsp. garlic, nutritional yeast, salt, horseradish, basil, and pepper. Cook, stirring, until mixture boils.
- Add the cornstarch/water mixture, and stir until thickened.
- Pour over asparagus and mushrooms to serve.

Nutrition Facts



Properties

Glycemic Index:32.6, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:16.029565292856%

Flavonoids

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 74.04kcal (3.7%), Fat: 1.61g (2.47%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 6.77g (2.46%), Sugar: 5.29g (5.87%), Cholesterol: 0mg (0%), Sodium: 648.87mg (28.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.55%), Vitamin K: 53.28µg (50.75%), Vitamin B3: 4.99mg (24.95%), Folate: 95µg (23.75%), Vitamin A: 1091.98IU (21.84%), Copper: 0.42mg (21.12%), Vitamin B2: 0.34mg (19.93%), Vitamin E: 2.82mg (18.77%), Iron: 3.34mg (18.53%), Selenium: 12.12µg (17.32%), Fiber: 4.05g (16.21%),

Vitamin B6: 0.32mg (16.09%), Vitamin C: 12.7mg (15.4%), Potassium: 533.29mg (15.24%), Vitamin B1: 0.23mg (15.05%), Manganese: 0.27mg (13.44%), Calcium: 124.96mg (12.5%), Vitamin B12: 0.66µg (10.97%), Phosphorus: 108.91mg (10.89%), Vitamin B5: 0.8mg (8.04%), Zinc: 1.07mg (7.16%), Vitamin D: 0.83µg (5.56%), Magnesium: 20.67mg (5.17%)