



## Roasted Asparagus Spears with Mustard Cream

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 2 pounds asparagus spears
- 0.5 teaspoon pepper black divided freshly ground
- 2 tablespoons dijon mustard
- 1 garlic clove minced
- 1 tablespoon juice of lemon fresh
- 0.8 cup buttermilk low-fat
- 0.3 cup mayonnaise low-fat (such as Hellman's)

- 0.8 teaspoon salt divided
- 1 teaspoon tarragon leaves dried

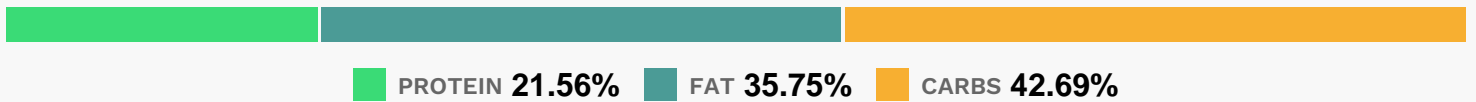
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 45
- Snap off tough ends of asparagus.
- Coat a nonstick baking sheet with cooking spray. Arrange asparagus in a single layer on baking sheet; lightly coat asparagus with cooking spray.
- Sprinkle asparagus with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Bake at 450 for 8 to 10 minutes or until asparagus is crisp-tender, shaking pan occasionally.
- Combine remaining 1/2 teaspoon salt, 1/4 teaspoon pepper, buttermilk, and remaining 5 ingredients in a small bowl; stir with a whisk. Cover and chill.
- Serve asparagus warm or at room temperature with mustard mixture.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:20.109130335891%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg

Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 31.73mg, Quercetin: 31.73mg, Quercetin: 31.73mg, Quercetin: 31.73mg

## **Nutrients (% of daily need)**

Calories: 116.41kcal (5.82%), Fat: 5.21g (8.01%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.29g (8.1%), Cholesterol: 4.79mg (1.6%), Sodium: 744.56mg (32.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.13%), Vitamin K: 104.95µg (99.95%), Vitamin A: 1776.78IU (35.54%), Folate: 123.64µg (30.91%), Iron: 5.23mg (29.04%), Vitamin B1: 0.36mg (23.95%), Manganese: 0.48mg (23.88%), Vitamin B2: 0.4mg (23.68%), Copper: 0.45mg (22.63%), Fiber: 5.21g (20.85%), Vitamin E: 3.03mg (20.19%), Vitamin C: 15.12mg (18.32%), Phosphorus: 172.29mg (17.23%), Potassium: 568.5mg (16.24%), Selenium: 9.3µg (13.28%), Vitamin B6: 0.25mg (12.55%), Calcium: 121.13mg (12.11%), Vitamin B3: 2.34mg (11.72%), Magnesium: 43.26mg (10.82%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.79mg (7.91%), Vitamin B12: 0.1µg (1.65%)