



Roasted Sesame Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tbsp agave nectar
- ☐ 1 bunch asparagus
- ☐ 4 servings pepper black
- ☐ 0.3 tsp ground pepper
- ☐ 1 tsp cornstarch
- ☐ 4 servings olive oil extra virgin
- ☐ 2 tbsp rice vinegar
- ☐ 4 servings salt

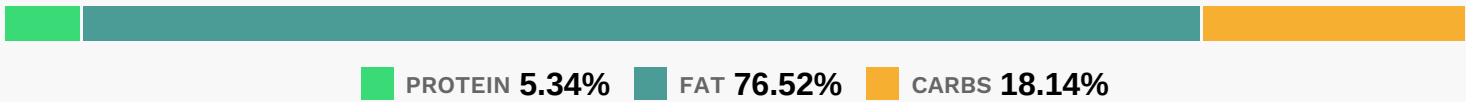
- ☐ 2 tbsp sesame oil
- ☐ 0.5 tbsp sesame seed
- ☐ 1.5 tbsp soya sauce

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Roasted Sesame Asparagus
- ☐ Ingredients1 bunch asparagus
- ☐ Extra virgin olive oil
- ☐ SaltBlack pepper1 tsp cornstarch2 tbsp sesame oil2 tbsp rice vinegar1 1/2 tbsp agave nectar1 1/2 tbsp soy sauce 1/4 tsp cayenne1/2 tbsp sesame seeds
- ☐ Total Time: 20 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:10.868260870809%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 246.9kcal (12.35%), Fat: 21.76g (33.48%), Saturated Fat: 3.06g (19.09%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 8.98g (3.27%), Sugar: 7.6g (8.45%), Cholesterol: 0mg (0%), Sodium: 574.06mg (24.96%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin K: 58.21µg (55.43%), Vitamin E: 3.5mg (23.33%), Vitamin A: 897.96IU (17.96%), Folate: 63.31µg (15.83%), Iron: 2.84mg (15.79%), Copper: 0.27mg (13.55%), Manganese: 0.26mg (12.97%), Vitamin B1: 0.18mg (12.26%), Vitamin B2: 0.19mg (10.93%), Fiber: 2.63g (10.5%), Vitamin C: 7.72mg (9.36%), Phosphorus: 75.28mg (7.53%), Vitamin B3: 1.48mg (7.41%), Vitamin B6: 0.15mg (7.31%), Potassium: 251.08mg (7.17%), Magnesium: 22.91mg (5.73%), Zinc: 0.73mg (4.87%), Selenium: 3.23µg (4.61%), Calcium: 40.72mg (4.07%), Vitamin B5: 0.34mg (3.36%)