



## Sautéed Asparagus

 Gluten Free

READY IN



23 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

### Ingredients

- 1 lb asparagus spears fresh trimmed
- 0.5 cup classic balsamic vinaigrette dressing made with extra virgin olive oil, divided kraft
- 0.3 cup parmesan cheese shredded kraft
- 1 small onion red thinly sliced
- 1 small bell pepper yellow cut into strips

### Equipment

- frying pan

## Directions

- Heat 1/4 cup dressing in large nonstick skillet on medium-high heat. Stir in peppers and onions; cook 3 to 5 min. or until crisp-tender, stirring occasionally.
- Add asparagus and remaining dressing; stir. Cover; simmer on medium-low heat 5 to 7 min. or until asparagus is crisp-tender.
- Serve topped with cheese.

## Nutrition Facts

**PROTEIN 11.87%** **FAT 64.68%** **CARBS 23.45%**

## Properties

Glycemic Index:14.33, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:8.2843477602886%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg

## Nutrients (% of daily need)

Calories: 114.23kcal (5.71%), Fat: 8.42g (12.96%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 4.86g (1.77%), Sugar: 2.89g (3.21%), Cholesterol: 2.83mg (0.94%), Sodium: 246.24mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 28.22mg (34.21%), Vitamin K: 31.59µg (30.09%), Vitamin A: 629.1IU (12.58%), Folate: 46.29µg (11.57%), Iron: 1.75mg (9.71%), Copper: 0.16mg (8.23%), Vitamin B1: 0.12mg (8.11%), Fiber: 2.01g (8.04%), Manganese: 0.16mg (7.92%), Phosphorus: 76.5mg (7.65%), Vitamin B2: 0.13mg (7.56%), Calcium: 75.02mg (7.5%), Potassium: 209.46mg (5.98%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.12mg (5.77%), Vitamin B3: 0.88mg (4.41%), Selenium: 2.8µg (4.01%), Magnesium: 15.73mg (3.93%), Zinc: 0.57mg (3.83%), Vitamin B5: 0.27mg (2.69%)