



Sautéed asparagus, toasted almonds & manchego cheese

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



322 kcal

Ingredients

- ☐ 36 asparagus
- ☐ 140 g butter unsalted
- ☐ 100 g blanched almonds and whole
- ☐ 1 juice of lemon
- ☐ 50 g manchego cheese hard (or vegetarian cheese)

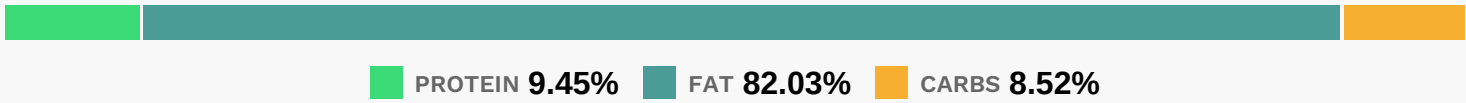
Equipment

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Bring a pan of salted water to the boil and plunge in the asparagus. Cook for 2–3 mins, drain, then leave them to sit somewhere warm.
- ☐ Next, put the butter into a cold pan with the almonds. Carefully heat it up, watching that the butter doesnt get too dark. When it just turns golden brown and is beginning to foam, remove from the heat and pour in the lemon juice to stop the cooking.
- ☐ Arrange the asparagus onto 6 serving plates and spoon over some of the brown butter and almonds. Shave the cheese with a peeler, scatter over and serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:13.4156521792%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg

Nutrients (% of daily need)

Calories: 321.68kcal (16.08%), Fat: 30.78g (47.36%), Saturated Fat: 14.77g (92.3%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.72g (3.02%), Cholesterol: 59.08mg (19.69%), Sodium: 58.29mg (2.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin K: 41.57µg (39.59%), Vitamin E: 5.59mg (37.28%), Vitamin A: 1356.16IU (27.12%), Manganese: 0.46mg (22.95%), Copper: 0.36mg (17.86%), Calcium: 157.44mg (15.74%), Vitamin B2: 0.26mg (15.44%), Folate: 59.79µg (14.95%), Magnesium: 58.87mg (14.72%), Fiber: 3.68g (14.72%), Iron: 2.61mg (14.5%), Phosphorus: 136.09mg (13.61%), Vitamin B1: 0.17mg (11.43%), Potassium: 314.5mg (8.99%), Vitamin C: 7.31mg (8.86%), Vitamin B3: 1.54mg (7.68%), Zinc: 1.04mg (6.91%), Vitamin B6: 0.11mg (5.48%), Selenium: 2.98µg (4.26%), Vitamin B5: 0.35mg (3.48%), Vitamin D: 0.35µg (2.33%)