



## Sautéed Garlic Asparagus

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 bunch asparagus fresh
- 3 tablespoons butter
- 3 cloves garlic chopped

### Equipment

- frying pan

### Directions

- Melt the butter or margarine in a large skillet over medium–high heat.
- Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat and cook an additional 10 minutes.

## Nutrition Facts

**PROTEIN 9.95%**

**FAT 70.96%**

**CARBS 19.09%**

### Properties

Glycemic Index:15.5, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:9.2882609853278%

### Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.77mg, Quercetin: 15.77mg, Quercetin: 15.77mg, Quercetin: 15.77mg

### Nutrients (% of daily need)

Calories: 101.35kcal (5.07%), Fat: 8.6g (13.23%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 2.79g (1.02%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 101.65mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin K: 46.84µg (44.61%), Vitamin A: 1226.29IU (24.53%), Folate: 58.67µg (14.67%), Iron: 2.45mg (13.59%), Vitamin B1: 0.17mg (11.09%), Copper: 0.22mg (10.97%), Manganese: 0.22mg (10.77%), Vitamin E: 1.6mg (10.66%), Vitamin B2: 0.17mg (9.7%), Fiber: 2.41g (9.64%), Vitamin C: 7.02mg (8.51%), Potassium: 240.68mg (6.88%), Vitamin B6: 0.13mg (6.56%), Phosphorus: 64.36mg (6.44%), Vitamin B3: 1.12mg (5.59%), Zinc: 0.63mg (4.22%), Magnesium: 16.63mg (4.16%), Selenium: 2.91µg (4.15%), Calcium: 34.22mg (3.42%), Vitamin B5: 0.33mg (3.3%)