



## Savory Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus fresh trimmed
- 0.3 teaspoon tarragon dried
- 2 tablespoons olive oil
- 0.3 teaspoon onion powder
- 0.1 teaspoon pepper

### Equipment

- bowl
- frying pan

## Directions

- In a large skillet, bring 1/2 in. of water to a boil.
- Add asparagus; cover and cook for 3–4 minutes or until crisp-tender.
- Meanwhile, in a small bowl, combine the oil, tarragon, onion powder and pepper until blended.
- Drain asparagus; drizzle with oil mixture and toss to coat.

## Nutrition Facts

 **PROTEIN 10.95%**  **FAT 69.24%**  **CARBS 19.81%**

## Properties

Glycemic Index:33.5, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:9.1686957193458%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

## Nutrients (% of daily need)

Calories: 85.51kcal (4.28%), Fat: 7.15g (11%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 2.18g (0.79%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 2.59mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin K: 51.49µg (49.04%), Vitamin A: 862.88IU (17.26%), Vitamin E: 2.29mg (15.27%), Folate: 59.4µg (14.85%), Iron: 2.52mg (13.98%), Vitamin B1: 0.16mg (10.87%), Copper: 0.22mg (10.84%), Manganese: 0.2mg (9.94%), Fiber: 2.43g (9.7%), Vitamin B2: 0.16mg (9.52%), Vitamin C: 6.44mg (7.81%), Potassium: 234.97mg (6.71%), Phosphorus: 59.86mg (5.99%), Vitamin B3: 1.12mg (5.61%), Vitamin B6: 0.11mg (5.36%), Zinc: 0.62mg (4.15%), Magnesium: 16.56mg (4.14%), Selenium: 2.63µg (3.76%), Vitamin B5: 0.31mg (3.13%), Calcium: 29.47mg (2.95%)