

Sesame Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 1 large bunch asparagus ends trimmed
- ☐ 1 teaspoon sesame seed white black (or)
- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 1.5 tablespoons sesame oil

Equipment

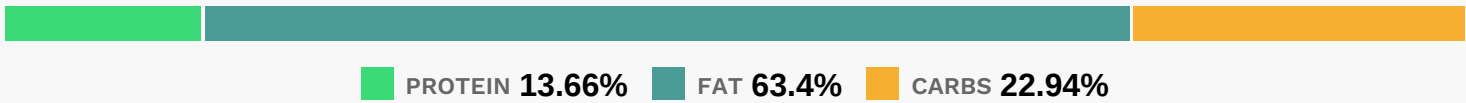
- ☐ bowl
- ☐ sauce pan

☐ peeler

Directions

- ☐ Use a vegetable peeler to trim any tough parts of the asparagus stalks.
- ☐ Pour about 2 inches of water into a large saucepan and bring to a boil.
- ☐ Add the asparagus, cover, and cook until tender, 3 to 7 minutes (depending on size).
- ☐ Drain and transfer to a platter. Meanwhile, in a small bowl, combine the vinegar, soy sauce, and oil. Spoon the dressing over the asparagus and sprinkle with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:8.874782624452%

Flavonoids

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: 74.28kcal (3.71%), Fat: 5.64g (8.68%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 2.16g (0.78%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 69.96mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin K: 47.51µg (45.25%), Vitamin A: 850.54IU (17.01%), Folate: 59.81µg (14.95%), Iron: 2.51mg (13.93%), Copper: 0.23mg (11.72%), Vitamin B1: 0.17mg (11.04%), Manganese: 0.2mg (10.12%), Fiber: 2.43g (9.74%), Vitamin B2: 0.16mg (9.67%), Vitamin E: 1.35mg (9.02%), Vitamin C: 6.3mg (7.64%), Potassium: 236.35mg (6.75%), Phosphorus: 65.08mg (6.51%), Vitamin B3: 1.14mg (5.72%), Vitamin B6: 0.11mg (5.47%), Magnesium: 18.88mg (4.72%), Zinc: 0.66mg (4.41%), Selenium: 2.81µg (4.01%), Calcium: 32.92mg (3.29%), Vitamin B5: 0.31mg (3.15%)