



Sesame Asparagus and Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



31 kcal

SIDE DISH

Ingredients

- 1 pound asparagus spears fresh
- 0.1 teaspoon pepper black
- 1 teaspoon sesame oil dark
- 0.1 teaspoon garlic powder
- 8 ounces mushrooms fresh whole
- 2 tablespoons rice wine vinegar
- 0.3 teaspoon salt

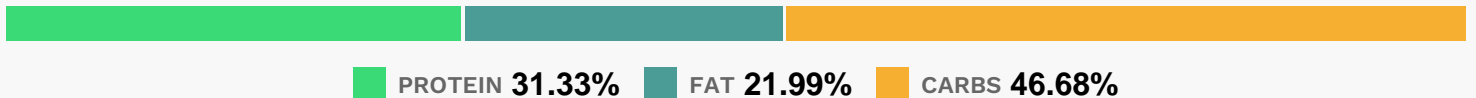
Equipment

- frying pan
- oven
- ziploc bags
- peeler

Directions

- Preheat oven to 50
- Combine first 5 ingredients in a heavy-duty zip-top plastic bag. Snap off tough ends of asparagus.
- Remove scales with a vegetable peeler, if desired.
- Cut asparagus spears in half.
- Cut mushrooms into quarters (or in half, if small).
- Add asparagus, mushrooms, and, if desired, sesame seeds to vinegar mixture; seal bag, and turn to coat vegetables well.
- Place vegetables in a single layer on a 15 x 10-inch jelly-roll pan.
- Bake at 500 for 10 minutes or until tender, stirring after 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:8.0265217967655%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 30.6kcal (1.53%), Fat: 0.89g (1.37%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 2.26g (0.82%), Sugar: 2.17g (2.42%), Cholesterol: 0mg (0%), Sodium: 100.45mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin K: 31.61µg (30.1%), Vitamin B2: 0.26mg (15.22%), Copper: 0.26mg (13.22%), Folate: 45.77µg (11.44%), Vitamin A: 571.75IU (11.44%), Vitamin B3: 2.1mg (10.52%), Iron:

1.82mg (10.09%), Vitamin B1: 0.14mg (9.27%), Fiber: 1.98g (7.93%), Potassium: 274.34mg (7.84%), Vitamin B5: 0.77mg (7.74%), Selenium: 5.3µg (7.57%), Manganese: 0.15mg (7.32%), Phosphorus: 72.36mg (7.24%), Vitamin C: 5.03mg (6.09%), Vitamin E: 0.87mg (5.79%), Vitamin B6: 0.11mg (5.46%), Zinc: 0.61mg (4.05%), Magnesium: 14.16mg (3.54%), Calcium: 19.89mg (1.99%)