



Sesame Asparagus with Garlic

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

52 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 garlic cloves crushed
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup water

Equipment

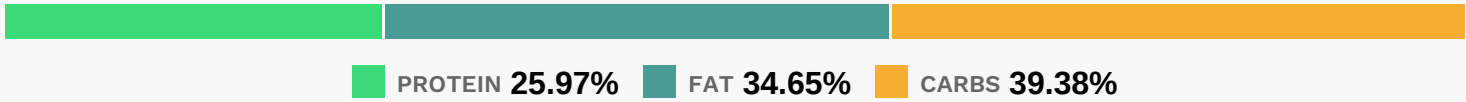
- ☐ bowl

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine the first 4 ingredients in a small bowl; set aside. Snap off tough ends of asparagus.
- ☐ Place asparagus and water in an 11 x 7-inch baking dish. Microwave at high for 3 minutes or until tender; drain.
- ☐ Pour the vinegar mixture over the asparagus, and toss well. Chill at least 1 hour or overnight.
- ☐ Serve cold or at room temperature.
- ☐ Sprinkle asparagus with sesame seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:9.5313042454098%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 52.3kcal (2.62%), Fat: 2.18g (3.35%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.21g (2.46%), Cholesterol: 0mg (0%), Sodium: 435.58mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin K: 47.47µg (45.21%), Vitamin A: 857.42IU (17.15%), Folate: 64.29µg (16.07%), Iron: 2.62mg (14.55%), Manganese: 0.26mg (13.19%), Copper: 0.23mg (11.4%), Vitamin B1: 0.17mg (11.33%), Vitamin B2: 0.19mg (11.2%), Fiber: 2.5g (9.99%), Vitamin E: 1.36mg (9.07%), Vitamin C: 6.82mg (8.26%), Phosphorus: 81.82mg (8.18%), Potassium: 277.64mg (7.93%), Vitamin B6: 0.14mg (7.05%), Vitamin B3: 1.26mg (6.28%), Magnesium: 24.84mg (6.21%), Zinc: 0.73mg (4.85%), Selenium: 2.96µg (4.23%), Vitamin B5: 0.36mg (3.58%), Calcium: 34.93mg (3.49%)