



Sesame-Ginger Glazed Asparagus



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon juice of lime
- ☐ 4 servings lime wedges
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 2 teaspoons sesame seed toasted

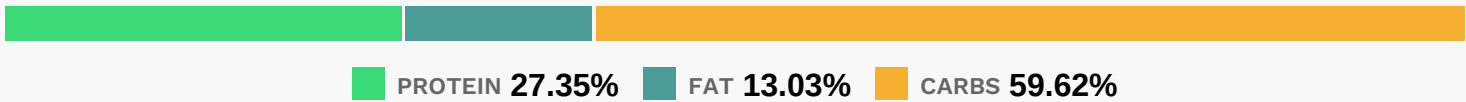
Equipment

☐ microwave

Directions

- ☐ Cook asparagus in boiling water 2 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Microwave soy sauce, honey, lime juice, ginger, and garlic on HIGH for 2 minutes. Arrange asparagus on a platter.
- ☐ Drizzle soy sauce mixture over asparagus; sprinkle with toasted sesame seeds.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:9.3647826236227%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 37.58kcal (1.88%), Fat: 0.65g (1.01%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 4.14g (1.51%), Sugar: 3.64g (4.05%), Cholesterol: 0mg (0%), Sodium: 146.62mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin K: 47.19µg (44.95%), Vitamin A: 858.54IU (17.17%), Folate: 62µg (15.5%), Iron: 2.65mg (14.72%), Copper: 0.26mg (13.05%), Vitamin B1: 0.17mg (11.54%), Manganese: 0.23mg (11.49%), Fiber: 2.58g (10.33%), Vitamin B2: 0.17mg (10.21%), Vitamin E: 1.31mg (8.71%), Vitamin C: 7.17mg (8.69%), Phosphorus: 73.07mg (7.31%), Potassium: 254.8mg (7.28%), Vitamin B6: 0.12mg (6.21%), Vitamin B3: 1.21mg (6.06%), Magnesium: 22.65mg (5.66%), Zinc: 0.73mg (4.89%), Selenium: 3.05µg (4.35%), Calcium: 39.53mg (3.95%), Vitamin B5: 0.33mg (3.32%)