



Singaporean Sautéed Asparagus with Ginger

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound asparagus
- ☐ 1.5 tablespoons canola oil plus more for grilling
- ☐ 1 tablespoon ginger fresh minced thin
- ☐ 2 garlic cloves minced
- ☐ 1 hard-cooked egg yolk mashed
- ☐ 0.3 cup heavy cream
- ☐ 35 servings pepper freshly ground
- ☐ 35 servings salt

- ☐ 1 tablespoon sauerkraut dry
- ☐ 2 ounces sausage link chinese thinly sliced (see Note)
- ☐ 1 scallion thinly sliced
- ☐ 1 thai chile thinly sliced
- ☐ 4 tablespoons butter unsalted cut into tablespoons

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

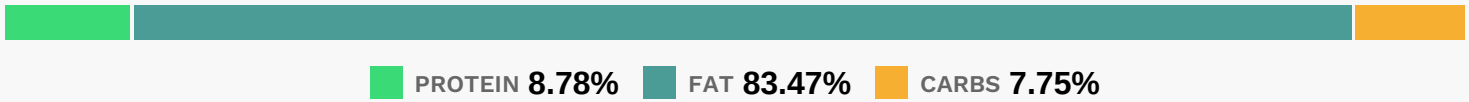
Directions

- ☐ In a medium saucepan, heat 1/2 tablespoon of the oil.
- ☐ Add the Thai chile, minced ginger and half of the garlic and cook over moderate heat until softened, about 2 minutes.
- ☐ Add the butter and swirl until melted.
- ☐ Add the egg yolk and whisk until blended.
- ☐ Add the cream, season with salt and pepper and simmer just until slightly thickened, about 2 minutes.
- ☐ Light a grill or preheat a grill pan; oil the grates. Grill the asparagus, turning occasionally, until crisp-tender, about 5 minutes.
- ☐ Transfer the asparagus to a work surface and cut them into 2-inch lengths. In a large skillet, heat the remaining 1 tablespoon of oil.
- ☐ Add the Chinese sausage, sauerkraut, ginger matchsticks and the remaining garlic and cook over moderate heat, stirring occasionally, until lightly browned, about 2 minutes.
- ☐ Add the asparagus and scallion and stir-fry until heated through, about 1 minute.
- ☐ Remove from the heat and stir in half of the sauce.
- ☐ Transfer the asparagus to a platter and drizzle with the remaining sauce.

☐

Serve right away.

Nutrition Facts



Properties

Glycemic Index:5.74, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.3230434630228%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 32.53kcal (1.63%), Fat: 3.11g (4.79%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.28g (0.31%), Cholesterol: 11.86mg (3.95%), Sodium: 209.62mg (9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin K: 5.59µg (5.33%), Vitamin A: 152.17IU (3.04%), Vitamin E: 0.29mg (1.93%), Manganese: 0.03mg (1.69%), Vitamin B2: 0.03mg (1.63%), Folate: 6.2µg (1.55%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.37%), Phosphorus: 11.81mg (1.18%), Vitamin C: 0.96mg (1.17%), Copper: 0.02mg (1.17%), Selenium: 0.77µg (1.1%), Fiber: 0.26g (1.04%)