



Smoky Asparagus and Mushroom Sauté

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 slices applewood-smoked bacon
- ☐ 1 pound asparagus piece (1-inch)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons ramp greens fresh chopped
- ☐ 6 ounces morel mushrooms fresh quartered
- ☐ 0.3 teaspoon salt

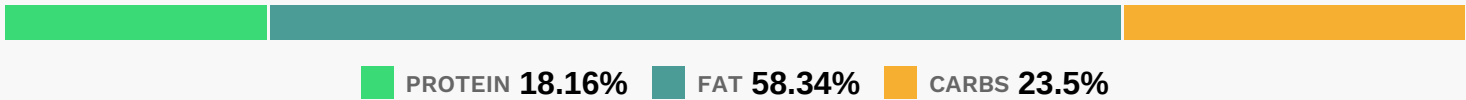
Equipment

☐ frying pan

Directions

- ☐ Cook 2 slices applewood-smoked bacon in a large skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add 1 tablespoon butter to drippings in pan; swirl to coat.
- ☐ Add 6 ounces quartered fresh morel mushrooms; saut 4 minutes, stirring occasionally. Stir in 1 pound (1-inch) asparagus pieces, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper; saut 5 minutes or until asparagus is crisp-tender, stirring occasionally.
- ☐ Remove from heat; sprinkle with bacon and 3 tablespoons chopped ramp greens or fresh chives.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:14.943913003673%

Flavonoids

Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg

Nutrients (% of daily need)

Calories: 107.82kcal (5.39%), Fat: 7.6g (11.7%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.43g (2.7%), Cholesterol: 14.78mg (4.93%), Sodium: 251.96mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.65%), Vitamin K: 52.42µg (49.92%), Iron: 7.7mg (42.79%), Copper: 0.49mg (24.5%), Manganese: 0.45mg (22.74%), Vitamin A: 1047.45IU (20.95%), Folate: 65.28µg (16.32%), Phosphorus: 159.65mg (15.96%), Vitamin B2: 0.26mg (15.29%), Vitamin B1: 0.22mg (14.93%), Vitamin D: 2.21µg (14.75%), Fiber: 3.66g (14.64%), Vitamin B3: 2.53mg (12.63%), Potassium: 434.81mg (12.42%), Zinc: 1.62mg (10.82%), Vitamin B6: 0.19mg (9.69%), Vitamin E: 1.42mg (9.44%), Vitamin C: 7.66mg (9.28%), Selenium: 5.82µg (8.31%), Magnesium: 26.51mg (6.63%), Vitamin B5: 0.57mg (5.72%), Calcium: 49.6mg (4.96%), Vitamin B12: 0.06µg (1.02%)