



Snappy Asparagus with Bacon

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



25

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb asparagus spears fresh trimmed cut into 1/2-inch lengths
- 6 slices oscar mayer bacon cut into 1/2-inch pieces
- 1 dash pepper red crushed
- 1 dash soya sauce
- 2 cups sugar snap peas

Equipment

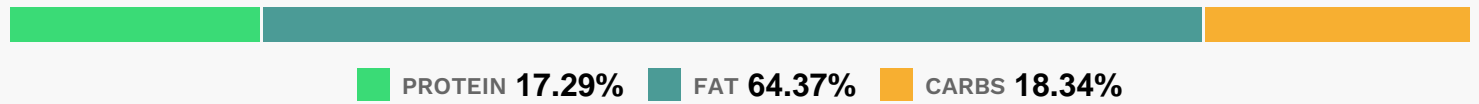
- frying pan
- paper towels

slotted spoon

Directions

- Cook and stir bacon in large nonstick skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 tsp. drippings from skillet.
- Add asparagus and peas to skillet; cook on medium-high heat 5 min. or until crisp-tender, stirring occasionally.
- Stir in bacon and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.4717391787664%

Flavonoids

Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 28.97kcal (1.45%), Fat: 2.13g (3.28%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.66g (0.73%), Cholesterol: 3.48mg (1.16%), Sodium: 37.93mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin K: 9.51µg (9.06%), Vitamin C: 5.72mg (6.93%), Vitamin A: 225.53IU (4.51%), Vitamin B1: 0.05mg (3.49%), Iron: 0.57mg (3.19%), Folate: 12.74µg (3.18%), Manganese: 0.05mg (2.43%), Fiber: 0.59g (2.35%), Selenium: 1.53µg (2.19%), Vitamin B3: 0.44mg (2.19%), Vitamin B6: 0.04mg (2.16%), Copper: 0.04mg (2.14%), Phosphorus: 21.26mg (2.13%), Vitamin B2: 0.04mg (2.13%), Potassium: 62.95mg (1.8%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.14mg (1.38%), Magnesium: 5.08mg (1.27%), Zinc: 0.18mg (1.21%)