



Sour Cream and Horseradish Asparagus

 Vegetarian

READY IN

ready

17 min.

SERVINGS

servings

4

CALORIES

calories

287 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears ends trimmed
- ☐ 1.5 tablespoons butter melted
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 teaspoon garlic salt
- ☐ 1.5 tablespoons horseradish prepared
- ☐ 1.5 cups cup heavy whipping cream sour

Equipment

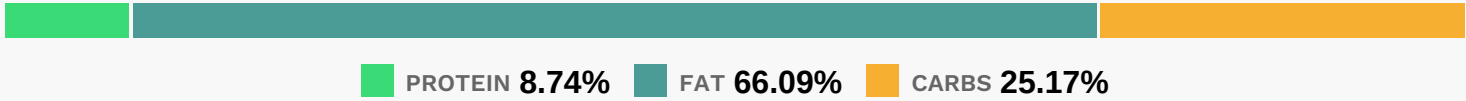
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ In a large covered pot, steam asparagus 3 to 4 minutes, or until tender but still bright green.
- ☐ Remove from the pot and arrange in a single layer in a 9x13 inch pan.
- ☐ In a medium bowl, mix together sour cream, horseradish, and garlic salt; spoon over asparagus. In a small bowl, stir together the melted butter and bread crumbs; sprinkle over the asparagus.
- ☐ Preheat the oven's broiler and adjust the oven rack so that it is about 3 inches from the heat source.
- ☐ Broil asparagus 1 to 2 minutes, until the topping is toasted, taking care to watch closely to prevent over browning.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:13.946521634641%

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 Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 287.12kcal (14.36%), Fat: 21.88g (33.66%), Saturated Fat: 11.62g (72.64%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 15.57g (5.66%), Sugar: 6.36g (7.07%), Cholesterol: 62.17mg (20.73%), Sodium: 766.58mg (33.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Vitamin K: 49.8µg (47.43%), Vitamin A: 1525.94IU (30.52%), Vitamin B2: 0.36mg (21.31%), Vitamin B1: 0.31mg (20.71%), Folate: 81.95µg (20.49%), Iron: 3.17mg (17.6%), Manganese: 0.32mg (16.07%), Phosphorus: 149.8mg (14.98%), Calcium: 143.8mg (14.38%), Selenium: 9.41µg (13.45%), Copper: 0.27mg (13.4%), Fiber: 3.17g (12.7%), Vitamin E: 1.74mg (11.62%), Potassium: 378.55mg

(10.82%), Vitamin B3: 2.11mg (10.54%), Vitamin C: 8.53mg (10.34%), Magnesium: 31.94mg (7.99%), Vitamin B6: 0.16mg (7.96%), Zinc: 1.15mg (7.64%), Vitamin B5: 0.69mg (6.86%), Vitamin B12: 0.24µg (3.96%)