



Steamed Asparagus and Green Beans With Fresh Lemon-Basil Dip



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



25

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 pounds asparagus fresh
- ☐ 25 servings basil fresh
- ☐ 1 cup basil fresh chopped
- ☐ 2 pounds green beans fresh trimmed
- ☐ 2 tablespoons lemon zest grated
- ☐ 2 cups mayonnaise
- ☐ 0.3 teaspoon salt

☐ 8 ounce cream sour

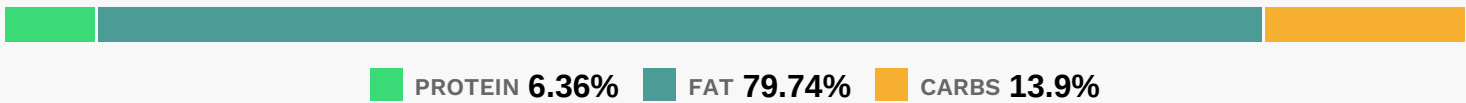
Equipment

☐ whisk

Directions

- ☐ Whisk together first 5 ingredients until blended. Cover and chill.
- ☐ Snap off tough ends of asparagus. Cook asparagus in boiling water to cover 2 to 3 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Cook beans in boiling water to cover 3 to 5 minutes or until crisp-tender. Plunge into ice water to stop the cooking process; drain.
- ☐ Cover and chill vegetables until ready to serve with dip.
- ☐ Garnish dip with fresh basil, if desired.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:10.773913110728%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg

Nutrients (% of daily need)

Calories: 166.49kcal (8.32%), Fat: 15.35g (23.62%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.99g (3.32%), Cholesterol: 12.88mg (4.29%), Sodium: 143.63mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin K: 87.42µg (83.26%), Vitamin A: 1023.59IU (20.47%), Folate: 53.23µg (13.31%), Vitamin C: 9.72mg (11.79%), Iron: 2.07mg (11.49%), Manganese: 0.23mg (11.47%), Vitamin E: 1.62mg (10.77%), Fiber: 2.6g (10.41%), Vitamin B2: 0.16mg (9.49%), Vitamin B1: 0.14mg (9.23%), Copper: 0.18mg (8.95%), Potassium: 247.6mg (7.07%), Vitamin B6: 0.13mg (6.39%), Phosphorus: 63.9mg (6.39%), Magnesium: 22.29mg (5.57%), Vitamin B3: 1.01mg (5.07%), Calcium: 47.34mg (4.73%), Selenium: 2.65µg (3.78%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.35mg (3.5%)