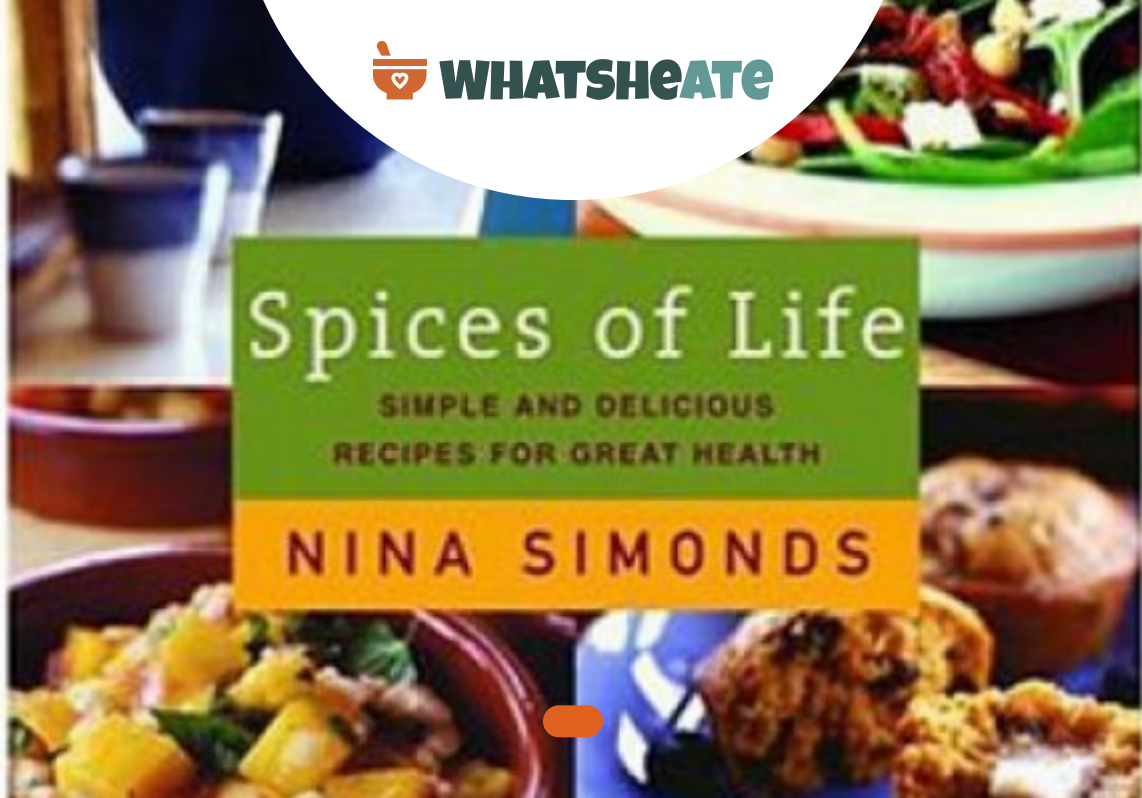




Steamed Asparagus with Cardamom Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 2 tablespoons cardamom pods whole with the flat side of a knife smashed (50)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted

Equipment

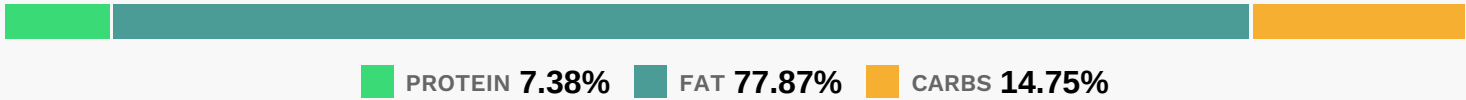
- ☐ frying pan
- ☐ pot

- ☐ wok
- ☐ wax paper
- ☐ steamer basket

Directions

- ☐ Toast the cardamom pods in a heavy skillet for about 5 minutes over low heat, shaking the pan from time to time until the cardamom is very fragrant.
- ☐ Add the olive oil and butter and slowly heat to infuse the oil and butter with the cardamom flavor for about 10 to 15 minutes while the asparagus is cooking.
- ☐ Rinse the asparagus stalks and arrange in a heatproof plate, such as a pie or quiche pan, or in a steamer basket. (If using bamboo, line the basket with a piece of parchment or wax paper.)
- ☐ Fill a large pot or a wok with several inches of water and heat until boiling. If using a plate, set it on a tuna fish can with both the top and bottom removed. Or, set the steamer basket in the wok. Steam the asparagus 5 to 6 minutes, or until just tender.
- ☐ Remove and arrange on a serving plate.
- ☐ Pour the cardamom butter and sprinkle the salt over the asparagus and serve.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:14.050000116877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 183.84kcal (9.19%), Fat: 16.99g (26.13%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.85g (3.16%), Cholesterol: 20.34mg (6.78%), Sodium: 198.39mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 68.98µg (65.69%), Manganese: 0.8mg (39.99%), Vitamin A: 1379.42IU (27.59%), Vitamin E: 3.22mg (21.49%), Iron: 3.57mg (19.83%), Folate: 78.91µg

(19.73%), Fiber: 3.74g (14.94%), Copper: 0.3mg (14.75%), Vitamin B1: 0.22mg (14.71%), Vitamin B2: 0.22mg (12.94%), Vitamin C: 8.89mg (10.77%), Potassium: 330.2mg (9.43%), Phosphorus: 84.45mg (8.45%), Vitamin B3: 1.5mg (7.52%), Vitamin B6: 0.14mg (7.12%), Zinc: 0.97mg (6.5%), Magnesium: 25.94mg (6.49%), Selenium: 3.57µg (5.1%), Calcium: 46.43mg (4.64%), Vitamin B5: 0.42mg (4.25%)