



Steamed Asparagus with Ginger Garlic Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus trimmed
- 2 teaspoons cornstarch
- 1 tablespoon sherry
- 2 tablespoons ginger fresh minced peeled
- 1.5 tablespoons garlic minced
- 0.5 teaspoon salt
- 1 teaspoon sesame oil
- 2 tablespoons sesame seed toasted

- 2 tablespoons soya sauce
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 0.5 cup water

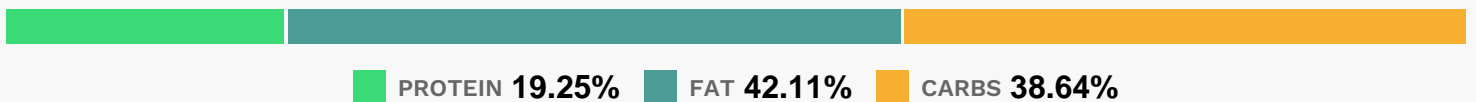
Equipment

- frying pan
- wok
- colander

Directions

- In a steamer set over boiling water, steam asparagus, covered, until just crisp-tender, about 1 to 2 minutes.
- Transfer asparagus to a colander and rinse under cold water to stop cooking.
- Drain asparagus well.
- In a 1-cup measure, stir together cornstarch and water until dissolved and stir in soy sauce, Sherry or Scotch, sugar, salt and sesame oil.
- Heat a wok or large heavy skillet over high heat until hot and add vegetable oil.
- Heat vegetable oil until hot but not smoking and stir-fry ginger root and garlic 30 seconds.
- Add asparagus and stir-fry 30 seconds. Stir cornstarch mixture and add to asparagus. Bring liquid to a boil, stirring, and stir-fry mixture until asparagus is well coated.
- Sprinkle asparagus with sesame seeds and toss.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:20.307391374008%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 31.76mg, Quercetin: 31.76mg, Quercetin: 31.76mg, Quercetin: 31.76mg

Nutrients (% of daily need)

Calories: 130.58kcal (6.53%), Fat: 6.71g (10.33%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 801.13mg (34.83%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 6.9g (13.81%), Vitamin K: 100.81µg (96.01%), Vitamin A: 1715.21IU (34.3%), Iron: 5.74mg (31.89%), Copper: 0.63mg (31.33%), Folate: 123.95µg (30.99%), Manganese: 0.57mg (28.28%), Vitamin B1: 0.37mg (24.56%), Fiber: 5.45g (21.79%), Vitamin B2: 0.35mg (20.51%), Vitamin E: 2.88mg (19.18%), Vitamin C: 13.81mg (16.74%), Phosphorus: 161.38mg (16.14%), Vitamin B6: 0.3mg (15.03%), Potassium: 525.26mg (15.01%), Vitamin B3: 2.81mg (14.03%), Magnesium: 52.35mg (13.09%), Zinc: 1.63mg (10.86%), Calcium: 102.66mg (10.27%), Selenium: 7.15µg (10.22%), Vitamin B5: 0.68mg (6.84%)