



Steamed Asparagus with Tarragon Mayonnaise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients



1 lb asparagus fresh



1 tablespoon dijon mustard



1 tablespoon tarragon dried fresh chopped



1 clove garlic finely chopped



2 tablespoons juice of lemon



0.5 teaspoon salt



2 tablespoons shallots finely chopped (1 large)

- ☐ 8 oz spicy tofu soft mashed
- ☐ 2 teaspoons vegetable oil

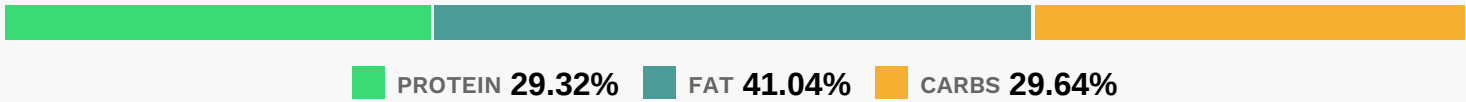
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ steamer basket

Directions

- ☐ To make mayonnaise, in blender or food processor, place tofu, lemon juice, mustard, salt, shallot and garlic. Cover and blend on medium speed until smooth. With blender on, add oil by drops.
- ☐ Place in glass or plastic container; stir in tarragon. Cover and refrigerate at least 1 hour or until chilled.
- ☐ Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket).
- ☐ Place asparagus in basket. Cover tightly and heat to boiling; reduce heat. Steam 6 to 8 minutes or until crisp-tender.
- ☐ Serve with mayonnaise.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:7.5343478866245%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg

Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.6mg, Quercetin: 10.6mg, Quercetin: 10.6mg, Quercetin: 10.6mg

Nutrients (% of daily need)

Calories: 69.34kcal (3.47%), Fat: 3.44g (5.29%), Saturated Fat: 0.48g (3%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 225.57mg (9.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin K: 34.28µg (32.65%), Iron: 2.54mg (14.12%), Vitamin A: 622.78IU (12.46%), Manganese: 0.24mg (12.1%), Folate: 44.83µg (11.21%), Fiber: 2.22g (8.86%), Vitamin C: 7.18mg (8.71%), Calcium: 82.81mg (8.28%), Vitamin B1: 0.12mg (8%), Copper: 0.16mg (7.9%), Vitamin B2: 0.13mg (7.4%), Vitamin E: 0.99mg (6.63%), Potassium: 210.02mg (6%), Vitamin B6: 0.12mg (5.93%), Phosphorus: 48.83mg (4.88%), Vitamin B3: 0.87mg (4.36%), Magnesium: 16.96mg (4.24%), Selenium: 2.76µg (3.94%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.23mg (2.34%)