



Steamed Asparagus With Tomato-Basil Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 pounds asparagus fresh
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon tomato paste

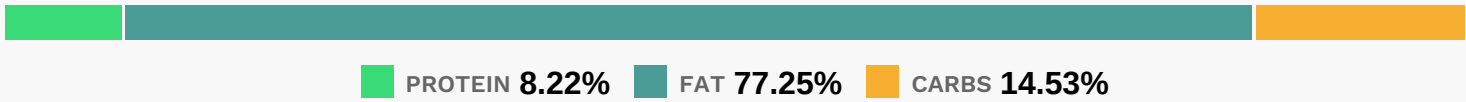
Equipment

- ☐ whisk

Directions

- ☐ Whisk together mayonnaise and next 4 ingredients. Cover and chill up to 2 days, if desired.
- ☐ Snap off tough ends of asparagus. Cook in boiling salted water to cover 3 minutes or until crisp-tender; drain. Plunge asparagus into ice water to stop the cooking process; drain. Cover and chill, if desired.
- ☐ Serve with dip.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:11.067826043652%

Flavonoids

Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Quercetin: 16.91mg, Quercetin: 16.91mg, Quercetin: 16.91mg, Quercetin: 16.91mg

Nutrients (% of daily need)

Calories: 142.16kcal (7.11%), Fat: 12.81g (19.71%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 2.78g (1.01%), Sugar: 2.77g (3.08%), Cholesterol: 10.8mg (3.6%), Sodium: 108.11mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin K: 78.22µg (74.49%), Vitamin A: 1030.58IU (20.61%), Folate: 64.83µg (16.21%), Iron: 2.69mg (14.92%), Vitamin E: 1.94mg (12.93%), Copper: 0.24mg (12.01%), Vitamin B1: 0.18mg (11.81%), Vitamin B2: 0.19mg (11.11%), Fiber: 2.64g (10.56%), Manganese: 0.21mg (10.27%), Vitamin C: 7.74mg (9.38%), Potassium: 270.72mg (7.73%), Phosphorus: 73.24mg (7.32%), Vitamin B3: 1.23mg (6.16%), Vitamin B6: 0.12mg (5.93%), Selenium: 3.47µg (4.96%), Zinc: 0.72mg (4.77%), Magnesium: 18.87mg (4.72%), Calcium: 40.3mg (4.03%), Vitamin B5: 0.39mg (3.87%)