



Stir-Fried Sesame Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus cut into 1-inch pieces
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons sesame seed

Equipment

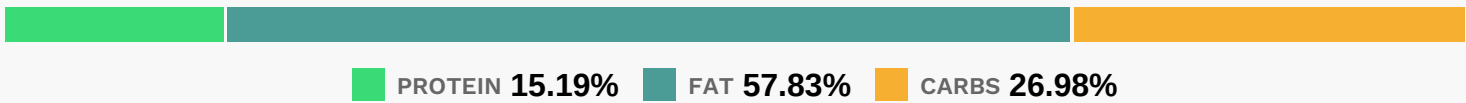
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of lightly salted water to a boil. Lightly cook the asparagus into the boiling water for 2 to 3 minutes.
- ☐ Drain and immediately plunge the asparagus into a bowl of ice water until the asparagus is cool; drain and pat dry.
- ☐ Toast the sesame seeds in a dry skillet over medium heat until lightly browned, 3 to 5 minutes; transfer to a dish and set aside to cool.
- ☐ Heat the peanut oil in a skillet over medium-high heat.
- ☐ Add the ginger and asparagus to the skillet, season with salt and cook until the ginger is fragrant, about 5 minutes.
- ☐ Remove from heat; toss with the sesame oil and sesame seeds to serve.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:11.935652152352%

Flavonoids

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: 81.74kcal (4.09%), Fat: 5.85g (9%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 2.87g (1.05%), Sugar: 2.86g (3.17%), Cholesterol: 0mg (0%), Sodium: 196.97mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin K: 63.02µg (60.02%), Vitamin A: 1143.11IU (22.86%), Folate: 79.34µg (19.84%), Iron: 3.34mg (18.55%), Vitamin E: 2.45mg (16.36%), Copper: 0.31mg (15.73%), Vitamin B1: 0.22mg (14.78%), Fiber: 3.27g (13.07%), Manganese: 0.26mg (12.87%), Vitamin B2: 0.22mg (12.65%), Vitamin C: 8.5mg (10.3%), Potassium: 311.35mg (8.9%), Phosphorus: 83.04mg (8.3%), Vitamin B3: 1.51mg (7.57%), Vitamin B6: 0.14mg (7.2%), Magnesium: 23.8mg (5.95%), Zinc: 0.87mg (5.81%), Selenium: 3.71µg (5.3%), Calcium: 43.01mg (4.3%), Vitamin B5: 0.42mg (4.16%)