

Stir-Fried Sesame Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus ends trimmed
- 2 large garlic clove chopped
- 2 tablespoons sesame oil
- 4 teaspoons sesame seed
- 2 tablespoons soya sauce
- 2 teaspoons sugar

Equipment

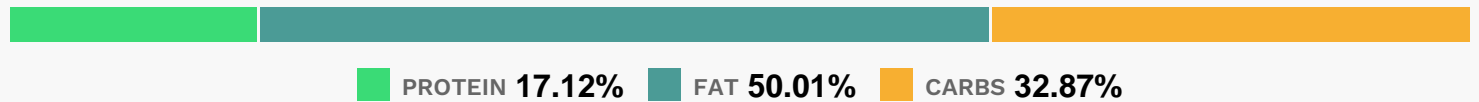
- bowl

frying pan

Directions

- Stir soy sauce and sugar in small bowl until sugar dissolves.
- Heat oil in heavy large skillet.
- Add garlic and stir 15 seconds.
- Add asparagus and stir-fry until crisp-tender, about 4 minutes.
- Add soy mixture and toss until asparagus is coated, about 1 minute longer. Season with salt and pepper.
- Transfer to bowl; sprinkle with sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:12.506087054377%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg

Nutrients (% of daily need)

Calories: 89.36kcal (4.47%), Fat: 5.53g (8.5%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 4.77g (1.73%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 338.51mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin K: 63.55µg (60.52%), Vitamin A: 1143.26IU (22.87%), Folate: 81.03µg (20.26%), Iron: 3.59mg (19.94%), Copper: 0.35mg (17.57%), Manganese: 0.32mg (15.92%), Vitamin B1: 0.23mg (15.49%), Fiber: 3.4g (13.61%), Vitamin B2: 0.23mg (13.35%), Vitamin E: 1.78mg (11.85%), Vitamin C: 8.78mg (10.64%), Phosphorus: 96.34mg (9.63%), Potassium: 328.42mg (9.38%), Vitamin B3: 1.78mg (8.91%), Vitamin B6: 0.17mg (8.63%), Magnesium: 28.5mg (7.12%), Zinc: 0.96mg (6.38%), Selenium: 4.13µg (5.91%), Calcium: 52.31mg (5.23%), Vitamin B5: 0.44mg (4.43%)