

SIDE DISH

Triple Sesame Asparagus

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.06	37 kcal

Triple Sesame Asparagus takes roughly 45 minutes from beginning to end. This recipe serves 4. One portion of this dish contains about 3g of protein, 2g of fat, and a total of 37 calories. For \$1.06 per serving, this recipe covers 8% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 pound asparagus spears, trimmed
- ☐ 1 teaspoon dark sesame oil
- ☐ 1 teaspoon white sesame seeds, toasted
- ☐ 1 teaspoon black sesame seeds, toasted
- ☐ ½ teaspoon kosher salt

EQUIPMENT Bowl, Sauce pan

Method

- 1

Place asparagus into a large saucepan of boiling water; cook 3 minutes or until crisp-tender.
- 2

Drain and plunge asparagus into ice water; drain.
- 3

Combine asparagus, sesame seeds, and remaining ingredients in a large bowl, tossing well to coat.

Nutrition per serving

37	3 g	2 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			2.1 g · 2% of daily needs
Sodium			293 mg · 13% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			6.4 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/triple-sesame-asparagus-148409