

Asparagus and Mushroom Saute'

Publix Aprons

Servings: 4

1 pound fresh asparagus
1 tablespoon herb garlic butter
2 teaspoons sesame seeds
4 ounces fresh mushrooms, presliced
1/4 cup water
1 teaspoon seasoned salt

Cut the asparagus into two-inch pieces, removing the tough root end. Preheat a large saute' pan on medium-high for 2 to 3 minutes. Add the butter to the pan, then the sesame seeds. Cook and stir for 1 minute or until golden.

Stir in the asparagus, mushrooms and water. Reduce the heat to medium and cover. Cook and stir for 2 minutes.

Stir in the seasoned salt. Cook for 3 more minutes or until tender. Serve.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 43 Calories; 1g Fat (19.2% calories from fat); 3g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 346mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	43
% Calories from Fat:	19.2%
% Calories from Carbohydrates:	54.0%
% Calories from Protein:	26.8%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	153mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 3g
Sodium (mg): 346mg
Potassium (mg): 419mg
Calcium (mg): 40mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 662IU
Vitamin A (r.e.): 66RE

Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 43 Calories from Fat: 8

% Daily Values*

Total Fat	1g		2%
	Saturated Fat	trace	1%
Cholesterol	0mg		0%
Sodium	346mg		14%
Total Carbohydrates	7g		2%
	Dietary Fiber	3g	12%
Protein	3g		
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Vitamin A			13%
Vitamin C			27%
Calcium			4%
Iron			9%

* Percent Daily Values are based on a 2000 calorie diet.