

# Asparagus with Dijon Cream Sauce

*Publix Aprons*

## Servings: 6

*1 shallot, finely chopped*  
*2 pounds fresh asparagus spears*  
*3 tablespoons water, divided*  
*3 tablespoons sherry wine vinegar*  
*1/4 cup heavy cream*  
*2 tablespoons unsalted butter*  
*1 tablespoon Dijon mustard*  
*1/4 teaspoon coarse Kosher salt*  
*1/4 teaspoon pepper*

Chop the shallot. Trim the asparagus, removing the tough root end. Place the asparagus and one tablespoon of water in a microwave-safe bowl and cover. Microwave on HIGH for 3 to 4 minutes or until tender.

Preheat a large saute' pan on medium for 2 to 3 minutes. Place the shallots, sherry and the remaining two teaspoons of water in the pan. Simmer for 3 to 4 minutes or until the liquid has reduced by about one-half.

Stir in the cream, butter, mustard, salt and pepper until thickened.

Place the asparagus on a serving platter. Drizzle with the sauce. Serve.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 71 Calories; 8g Fat (93.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 36mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	trace
% Calories from Fat:	93.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	1mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	24mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	36mg
<b>Potassium (mg):</b>	19mg
<b>Calcium (mg):</b>	11mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	499IU
<b>Vitamin A (r.e.):</b>	98RE

**Alcohol (kcal):**  
% Refuse: n n%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 71                      **Calories from Fat:** 67

### % Daily Values\*

<b>Total Fat</b> 8g	12%
Saturated Fat 5g	23%
<b>Cholesterol</b> 24mg	8%
<b>Sodium</b> 36mg	2%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	0%
<b>Protein</b> trace	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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