

Asparagus with Lemon Butter

Southern Living - 1987 Annual Recipes

Servings: 6

*1/2 cup sliced almonds
2 tablespoons butter or margarine
1/2 cup water
1/4 teaspoon salt
1 1/2 pounds fresh asparagus spears
1/4 cup butter
1/2 teaspoon grated lemon rind
2 tablespoons lemon juice*

In a pieplate, combine the sliced almonds and two tablespoons of butter. Microwave on HIGH for 3 to 3-1/2 minutes or until the almonds are slightly roasted, stirring once. Set aside.

Snap off the tough ends of the asparagus. Remove the scales from the stalks with a knife or vegetable peeler, if desired.

In a 12x8x2-inch casserole, combine the water and salt. Arrange the asparagus in the casserole with the thick stem ends pointing to the outside. Cover with heavy-duty plastic wrap. Microwave on HIGH for 6 to 7 minutes or until crisp-tender, giving the dish a half turn after 3 minutes. Let the asparagus stand for 3 minutes.

Place 1/4 cup of butter in a one-cup glass measure. Microwave on HIGH for 1 minute or until melted.

Add the lemon rind and juice. Microwave on HIGH for 50 seconds or until hot.

Drain the asparagus. Arrange in a serving dish. Pour the butter mixture over the asparagus. Sprinkle with toasted almonds.

Per Serving (excluding unknown items): 174 Calories; 18g Fat (88.3% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 208mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	174	Vitamin B6 (mg):	trace
% Calories from Fat:	88.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	6.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	18g	Folacin (mcg):	6mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	208mg	Vegetable:	0
Potassium (mg):	101mg	Fruit:	0
Calcium (mg):	35mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	3 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	435IU		
Vitamin A (r.e.):	107 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 174 **Calories from Fat:** 153

% Daily Values*

Total Fat 18g	27%
Saturated Fat 8g	39%
Cholesterol 31mg	10%
Sodium 208mg	9%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	3%
Protein 3g	
Vitamin A	9%
Vitamin C	4%
Calcium	3%
Iron	3%

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