

Asparagus with Lemon Sauce

*Our Best Recipes
Meredith Corporation*

Servings: 8

*1 lemon
6 egg yolks
1/2 cup butter, melted
1 teaspoon sea salt
pinch cayenne pepper
2 1/4 pounds asparagus, trimmed
edible flowers*

For the Lemon Sauce: Remove one teaspoon of zest and squeeze five teaspoons of juice from the lemon. In a large heatproof bowl, whisk together the egg yolks and 1/2 cup of cold water until the mixture lightens and quadruples in size, about 5 minutes. Place the bowl over a large saucepan of simmering water (the bowl should not touch the water). Continue to whisk until the sauce becomes thick and glossy, about 4 minutes. Using a rubber spatula, scrape the sides of the bowl and fold the sauce until a thermometer registers 160 degrees. Remove from the heat. Gradually whisk in the lemon juice, butter, salt and cayenne pepper until combined.

In a large pot, cook the asparagus in boiling water for 3 to 4 minutes or until crisp-tender. Drain.

Transfer the asparagus to a large bowl of ice water to cool. Drain.

Serve with the Lemon Sauce. Top with lemon zest and edible flowers.

Start to Finish Time: 45 minutes

Make Ahead: Cook the asparagus as directed. Cover. Chill up to twenty-four hours. Let stand at room temperature before serving.

Per Serving (excluding unknown items): 163 Calories; 15g Fat (81.6% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 191mg Cholesterol; 359mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	163	Vitamin B6 (mg):	.1mg
% Calories from Fat:	81.6%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	9.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	106mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	191mg	% Daily Values*	n n%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	359mg	Vegetable:	1/2
Potassium (mg):	211mg	Fruit:	0
Calcium (mg):	37mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	1072IU		
Vitamin A (r.e.):	219 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 163 **Calories from Fat:** 133

% Daily Values*

Total Fat 15g	24%
Saturated Fat 8g	42%
Cholesterol 191mg	64%
Sodium 359mg	15%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	6%
Protein 4g	
Vitamin A	21%
Vitamin C	21%
Calcium	4%
Iron	6%

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