

# Honey Lemon Asparagus

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## Servings: 8

2 pounds fresh Asparagus, trimmed  
1/4 cup honey  
2 tablespoons butter  
2 tablespoons lemon juice  
1 teaspoon sea salt  
1 teaspoon balsamic vinegar  
1 teaspoon Worcestershire sauce

In a large saucepan, bring eight cups of water to a boil. Add the asparagus in batches. Cook, uncovered, for 1 to 2 minutes or just until crisp-tender. Drain and pat dry.

Meanwhile, in a small saucepan, combine the remaining ingredients. Bring to a boil. Reduce the heat and simmer for 2 minutes or until slightly thickened.

Transfer the asparagus to a large bowl. Drizzle with glaze and toss lightly to coat.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 85 Calories; 3g Fat (29.0% calories from fat); 3g Protein; 14g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 273mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	85	Vitamin B6 (mg):	.1mg
% Calories from Fat:	29.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	59.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	11.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	146mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refuse:	0.0%
Carbohydrate (g):	14g	<b>Food Exchanges</b>	
Dietary Fiber (g):	2g	Grain (Starch):	0

**Protein (g):** 3g  
**Sodium (mg):** 273mg  
**Potassium (mg):** 327mg  
**Calcium (mg):** 26mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 18mg  
**Vitamin A (i.u.):** 772IU  
**Vitamin A (r.e.):** 93RE

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 85 Calories from Fat: 25

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	2g	9%
<b>Cholesterol</b>	8mg	3%
<b>Sodium</b>	273mg	11%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	2g	10%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		15%
<b>Vitamin C</b>		30%
<b>Calcium</b>		3%
<b>Iron</b>		6%

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