



Asparagus

Nutrition Facts

1 Cup (134 grams):

- 25 Calories
- Excellent source of Vitamin K (45%)
- Excellent source of Folate (20%)
- Good source of Fiber (11%)
- Good source of Vitamin E (15%) and Iron (15%)

Dole Recipe: Veggie Pinwheels

(More recipes available at Dole.com)



Serves: 6 Prep Time: 20 minutes Cook Time: 4 minutes

Ingredients:

- 1 tablespoon olive oil
- 1/4 cup finely chopped DOLE® Carrots
- 1/4 cup finely chopped DOLE Mushrooms
- 1/4 cup thinly sliced DOLE Asparagus
- 1 garlic clove, minced
- 1/2 cup fat free cream cheese, softened
- 1/4 cup hummus
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon hot sauce
- 1/4 teaspoon ground black pepper
- 3 (8-inch) whole wheat tortillas
- 1 DOLE® Green Onion, thinly sliced
- 1/4 cup finely chopped red bell pepper

Directions:

- Heat oil in a large skillet over medium-high heat. Add carrots, mushrooms and asparagus; cook 3 minutes, stirring occasionally. Add garlic; cook 1 minute or until vegetables are tender, stirring occasionally. Cool completely.
- Stir cheese, hummus, parsley, hot sauce and black pepper in a small bowl. Spread tortillas with cheese mixture; sprinkle with onion, bell pepper and vegetable mixture. Roll tortillas up tightly around filling; tightly wrap with plastic wrap and refrigerate 1 hour.
- Remove plastic wrap; cut each roll crosswise into 10 (1/2-inch-thick) slices. Makes about 30 pinwheels.



Nutrition Facts

servings per container
Serving size **One cup (134g)**

Amount per serving
Calories 25

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 3g

Vit. D 0mcg 0% • Calcium 32mg 2%

Iron 3mg 15% • Potas. 271mg 6%

Vit. E 2mg 15% • Riboflavin 0.2mg 15%

Thiamin 0.2mg 15% • Vit. K 56mcg 45%

Niacin 2mg 15% • Copper 0.3mg 35%

Zinc 1mg 10% • Folate 70mcg DFE 20%

Molybdenum 7mcg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Roasted Asparagus

 Enjoy asparagus as a side with this easy method:

Step 1:
Preheat oven to 400°F.



Step 2:
Trim off the woody ends of asparagus and place in a single layer on a baking sheet.



Step 3:
Drizzle with olive oil, sprinkle with salt and pepper, and roast for 20-25 minutes until tender.



Step 4:
Serve with a squeeze of lemon juice.

Research

Institutions worldwide have studied asparagus and its important nutrients. Here are a few relevant studies and nutrition talking points:

Folate, a nutrient in asparagus, may protect cognition during aging.

Folate, Vitamin B-6, and Vitamin B-12 Intake and Mild Cognitive Impairment and Probable Dementia in the Women's Health Initiative Memory Study. Agnew-Blais, Jessica C. et al. *Journal of the Academy of Nutrition and Dietetics*, Volume 115, Issue 2, 231 - 241, February 2015.

Prebiotic fiber, found in asparagus, may assist with weight maintenance.

Effect of Prebiotic Supplementation and Calcium Intake on Body Mass Index. Abrams, Steven A. et al. *The Journal of Pediatrics*, Volume 151, Issue 3, 293 - 298, September 2007.

Saponins, found in asparagus, may inhibit some types of cancer.

Saponins extracted from by-product of Asparagus officinalis L. suppress tumour cell migration and invasion through targeting Rho GTPase signalling pathway. Jieqiong Wang, Yali Liu, Jingjing Zhao, Wen Zhang and Xiufeng Pang. *Journal of the Science of Food and Agriculture*. Volume 93, Issue 6, 1492-1498, April 2013.

Asparagus may alleviate alcohol hangovers and protect liver cells against toxicity.

Effects of Asparagus officinalis extracts on liver cell toxicity and ethanol metabolism. BY Kim, ZG Cui, SR Lee, SJ Kim, HK Kang, YK Lee and DB Park. *Journal of Food Science*. Volume 74, Issue 7, H204-H208, September 2009.

Folate, found in asparagus, may help slow hearing loss in older adults.

Effects of Folic Acid Supplementation on Hearing in Older Adults: A Randomized, Controlled Trial. Jane Durga, PhD; Petra Verhoef, PhD; Lucien J.C. Anteunis, PhD; Evert Schouten, PhD; and Frans J. Kok, PhD. *Ann Intern Med*. Volume 146, Issue 1, 1-9, January 2007.

Vitamin K, found in asparagus, may help lower diabetes risk.

Phylloquinone intake, insulin sensitivity, and glycemic status in adult men and women. Yoshida M, Booth SL, Meigs B, Saltzman E, Jacques PF. *The American Journal of Clinical Nutrition*. Volume 88, Issue 1, 210-215, July 2008.

Tweets

What's your favorite way to prepare #asparagus? Try roasting w/ olive oil & lemon juice!

#DYK #Asparagus is often called The King of Vegetables & was a favorite food of Louis XIV of France

#Asparagus is packed w/ vitamins A & K, iron and folate. Add it to stirfrys, salads or serve as a side

Storing #asparagus in the fridge? Cut off the ends & place stalks upright in a bowl of water to keep fresh

#Asparagus is a prebiotic that can nourish friendly gut bacteria & may help promote health

Observances

May: National Asparagus Month

