SPANISH · SIDE

Spanish Paprika and Garlic Asparagus

Espárragos trigueros con pimentón

25 min · Serves 4 · 91 kcal a serve · Video 7:29 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 4 g net carbs and 91 kcal a serve: asparagus simmered with a garlic, smoked paprika and cumin paste in olive oil and sherry vinegar, with no flour, butter or sugar. Rich in vitamin K.

Diet notes: Keto (3.6 g net carbs a serve); Low saturated fat (1 g, 9.8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 9 · SERVES 4

- [ ] 2 bunches **thick fresh asparagus**, woody ends removed, cut into 1½ inches pieces
- [ ] 2 tbsp (2 tbsp) extra **virgin olive oil**
- [ ] 6 **garlic** cloves, roughly chopped
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **ground cumin**
- [ ] ¼ cup chopped **fresh parsley**
- [ ] 1 tbsp (1 tbsp) **sherry vinegar**
- [ ] ¾ cup **cold water**
- [ ] **sea salt** to taste (a pinch goes into the garlic paste) and black pepper

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop the garlic and pound it to a paste in a mortar with a pinch of salt (a small food processor works too). 0:57
2. Stir the paprika, cumin, parsley and sherry vinegar into the garlic paste and set it aside. 1:34
3. Rinse the asparagus, pat it completely dry, cut off the tough bottom 2 inches of each spear and cut the rest into 1½ inches pieces. 2:37
4. Warm 2 tbsp olive oil in a large pan over medium heat for 2 minutes, add the asparagus and keep it moving for about 3 minutes. 3:38
5. Add the garlic paste, season with salt and plenty of black pepper and stir for about a minute, until the garlic smells sweet but hasn't browned. 4:09
6. Pour in ¾ cup cold water and simmer 5–6 minutes, until the liquid has reduced by half and the asparagus is just tender. Serve with the pan juices spooned over. 4:45

> **Tip** Thick spears suit the simmer; with thin asparagus cut the cooking time so it stays firm.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
91 kcal	**2.7** g	**6.1** g	**2.6** g	**7** g	**390** mg
380 kJ	5% of a day	3.6 g net · 2.1 g sugars	9% of a day	1 g saturated	17% of a day
		2% of a day		9% of a day	

Energy from net carbs 16% · protein 12% · fat 72% — fits keto: 3.6 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Vitamin K 93%

Source of (10–19%) Iron 16% · Vitamin E 15% · Folate 15% · Vitamin C 14%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=JAFnKxWmhlY. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/esparragos-trigueros-con-pimenton