



## Artichoke-Asparagus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 6 servings boston lettuce
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 cup mushrooms fresh sliced
- ☐ 9 oz artichoke hearts frozen
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 18 small olives pitted ripe

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 15 oz asparagus white drained canned

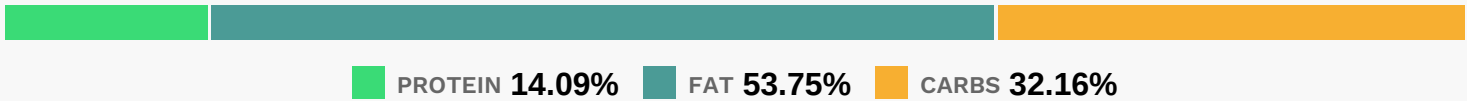
## Equipment

- ☐ bowl
- ☐ slotted spoon

## Directions

- ☐ Cook artichoke hearts as directed on box; drain. Immediately rinse with cold water; drain.
- ☐ In large glass or plastic bowl, mix artichokes, asparagus and mushrooms. To make dressing, in tightly covered container, shake oil, lemon peel, lemon juice, chives, mustard and salt until well blended.
- ☐ Pour dressing over salad; toss to coat. Cover and refrigerate at least 2 hours.
- ☐ Remove vegetables from dressing with slotted spoon; reserve dressing. Arrange vegetables on lettuce on each of 6 plates.
- ☐ Garnish with olives.
- ☐ Serve with reserved dressing.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:10.112608653048%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

## Nutrients (% of daily need)

Calories: 87.64kcal (4.38%), Fat: 5.91g (9.09%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 430.89mg (18.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin K: 39.52µg (37.64%), Folate: 97.53µg (24.38%), Fiber: 3.89g (15.58%), Vitamin A: 727.57IU (14.55%), Vitamin C: 11.34mg (13.74%), Vitamin B2: 0.23mg (13.51%), Manganese: 0.24mg (12.02%), Copper: 0.23mg (11.39%), Iron: 1.95mg (10.82%), Vitamin E: 1.59mg (10.57%), Vitamin B1: 0.15mg (10.01%), Potassium: 324.41mg (9.27%), Vitamin B3: 1.7mg (8.49%), Phosphorus: 80.2mg (8.02%), Magnesium: 26.55mg (6.64%), Vitamin B6: 0.13mg (6.43%), Selenium: 4.19µg (5.98%), Vitamin B5: 0.54mg (5.43%), Zinc: 0.64mg (4.24%), Calcium: 35.61mg (3.56%)