



Artichoke-Asparagus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 oz artichoke hearts frozen
- ☐ 15 oz asparagus white drained canned
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon dijon mustard

- ☐ 0.5 teaspoon salt
- ☐ 1 serving boston lettuce
- ☐ 18 small olives pitted ripe

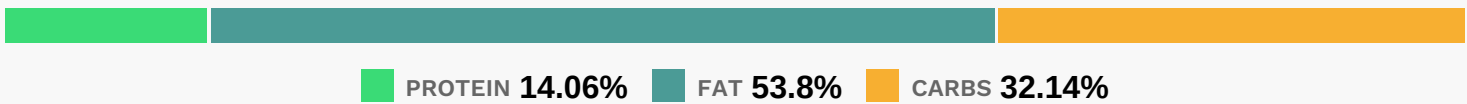
Equipment

- ☐ 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:10.025217411311%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, 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, Isorhamnetin: 4.11mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg

Nutrients (% of daily need)

Calories: 87.53kcal (4.38%), Fat: 5.91g (9.09%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 4.05g (1.47%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 430.84mg (18.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Vitamin K: 38.67µg (36.83%), Folate: 96.92µg (24.23%), Fiber: 3.89g (15.54%), Vitamin A: 699.97IU (14%), Vitamin C: 11.31mg (13.7%), Vitamin B2: 0.23mg (13.48%), Manganese: 0.24mg (11.95%), Copper: 0.23mg (11.38%), Iron: 1.94mg (10.77%), Vitamin E: 1.58mg (10.56%), Vitamin B1: 0.15mg (9.98%), Potassium: 322.43mg (9.21%), Vitamin B3: 1.7mg (8.48%), Phosphorus: 79.93mg (7.99%), Magnesium: 26.45mg (6.61%), Vitamin B6: 0.13mg (6.4%), Selenium: 4.18µg (5.98%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.63mg (4.23%), Calcium: 35.32mg (3.53%)