



Artichoke, Edamame, and Asparagus Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts dry packed in water, rinsed, drained, blotted , and quartered canned
- ☐ 1 pound asparagus
- ☐ 1 cup edamame green frozen shelled (soybeans)
- ☐ 1 garlic clove peeled halved lengthwise
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.7 cup parmesan shaved

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

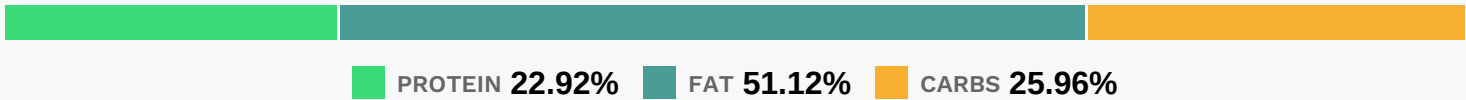
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Rub the inside of a large salad bowl with cut sides of garlic clove; discard garlic.
- ☐ Add oil, lemon juice, oregano, salt, and pepper to bowl; whisk well.
- ☐ Add artichokes, tossing gently; let stand at room temperature.
- ☐ Meanwhile, place edamame in a large pot of boiling salted water; cook 2 minutes.
- ☐ Add asparagus; cook until asparagus and edamame are crisp-tender (about 3 minutes). Rinse under cold water, drain well, and blot dry with paper towels.
- ☐ Add asparagus and edamame to artichoke mixture; toss.
- ☐ Transfer to 4 individual plates. Arrange shaved Parmesan over each salad.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:13.061739219272%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg

6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.88mg, Quercetin:
15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 220.71kcal (11.04%), Fat: 12.7g (19.55%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 14.51g (4.84%), Net
Carbohydrates: 8.94g (3.25%), Sugar: 4.14g (4.6%), Cholesterol: 11.33mg (3.78%), Sodium: 781.37mg (33.97%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.63%), Vitamin K: 53.44µg (50.9%), Calcium: 261.34mg
(26.13%), Fiber: 5.57g (22.29%), Iron: 3.72mg (20.68%), Vitamin A: 992.68IU (19.85%), Phosphorus: 176.65mg
(17.66%), Vitamin E: 2.38mg (15.86%), Folate: 61.52µg (15.38%), Vitamin B2: 0.22mg (12.83%), Potassium: 423.18mg
(12.09%), Vitamin B1: 0.17mg (11.44%), Copper: 0.23mg (11.29%), Manganese: 0.22mg (11.21%), Vitamin C: 8.04mg
(9.75%), Selenium: 6.49µg (9.27%), Zinc: 1.09mg (7.27%), Vitamin B6: 0.13mg (6.62%), Magnesium: 24.51mg (6.13%),
Vitamin B3: 1.18mg (5.88%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.2µg (3.33%)