



Artichokes, Asparagus, and Watercress Salad with Cumin Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider vinegar
- 12 ounce artichoke hearts in water halved drained canned
- 1 bunch asparagus ends trimmed
- 0.5 teaspoon dijon mustard
- 1 cup flat-leaf parsley fresh chopped
- 1 teaspoon ground cumin
- 6 servings kosher salt and pepper black freshly ground

- 0.3 cup olive oil extra-virgin
- 1 teaspoon sugar
- 1 tomatoes cored chopped
- 1 bunch watercress

Equipment

- bowl
- paper towels
- whisk
- mixing bowl
- pot
- colander

Directions

- To prepare the dressing: In a small bowl, combine the vinegar mustard, cumin, and sugar; season with salt and pepper.
- Whisk to blend. While whisking, slowly drizzle in the olive oil, mixing until the vinaigrette is emulsified. Set aside.
- To prepare the salad: Fill a medium bowl with 2 cups of ice cubes and cover with cold water. Bring a pot of salted water to a boil over medium-high heat.
- Add the asparagus and blanch until tender but not mushy, about 3 minutes.
- Drain the asparagus in a colander and transfer to the ice water bath to stop the cooking.
- Drain again and place on a paper towel-lined plate to dry.
- Cut the asparagus stalks into thirds.
- In a large mixing bowl, combine the blanched asparagus, parsley, artichokes, tomatoes, and watercress.
- Whisk the vinaigrette to combine and pour over the salad. Toss to coat and serve.

Nutrition Facts



■ PROTEIN 8.8% ■ FAT 67.1% ■ CARBS 24.1%

Properties

Glycemic Index:52.18, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:12.873478288236%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

Nutrients (% of daily need)

Calories: 120.77kcal (6.04%), Fat: 9.31g (14.32%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 224.78mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin K: 212.84µg (202.71%), Vitamin A: 1718.2IU (34.36%), Vitamin C: 22.13mg (26.82%), Vitamin E: 2.38mg (15.9%), Folate: 57.73µg (14.43%), Iron: 2.59mg (14.37%), Fiber: 3.12g (12.49%), Manganese: 0.21mg (10.31%), Copper: 0.18mg (8.85%), Vitamin B1: 0.13mg (8.68%), Potassium: 280.9mg (8.03%), Vitamin B2: 0.13mg (7.42%), Phosphorus: 54.89mg (5.49%), Magnesium: 20.47mg (5.12%), Vitamin B3: 1.01mg (5.07%), Vitamin B6: 0.1mg (5.05%), Calcium: 43.11mg (4.31%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.28mg (2.79%), Selenium: 1.95µg (2.78%)