



Asparagus and Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado pitted peeled halved
- 16 mint leaves fresh chopped
- 0.5 lime
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 pinch sea salt per serving fine

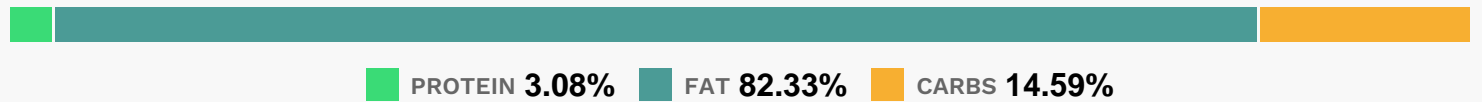
Equipment

- peeler

Directions

- Cut away about 2 inches of the base of each asparagus spear. With a vegetable peeler, shave the entire asparagus from bottom to top, reversing your grip and rotating as necessary to shave as much as possible. Don't rush it; be deliberate for the greatest precision.
- Divide the asparagus strips among 4 salad plates.
- Cut each avocado half into 4 sections and place 2 wedges on each salad.
- Sprinkle with the mint leaves. Squeeze lime juice over the salads, drizzle evenly with the oil, and sprinkle with salt.
- Reprinted from My Pizza by Jim Lahey with Rick Flaste. Copyright © 201
- Photos copyright © 2012 by Squire Fox. Published by Clarkson Potter/Publishers, a division of Random House, Inc. JIM LAHEY studied sculpture before learning the art of bread baking from bakers in Italy. In New York City, he opened the Sullivan Street Bakery in 1994 and Co., a pizza restaurant, in 200
- Sullivan Street
- Bakery was named one of the Top 10 Best Bread

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:5.7304347481417%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 4.01mg, Hesperetin: 4.01mg, Hesperetin: 4.01mg, Hesperetin: 4.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.59kcal (7.38%), Fat: 14.44g (22.22%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.47g (0.53%), Cholesterol: 0mg (0%), Sodium: 14.75mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Fiber: 3.92g (15.69%), Vitamin K: 14.82µg (14.11%), Vitamin E: 2.07mg (13.78%), Folate: 45.93µg (11.48%), Vitamin C: 8.73mg (10.59%), Potassium: 275.09mg (7.86%), Vitamin B5: 0.73mg (7.3%), Vitamin B6: 0.14mg (6.9%), Manganese: 0.12mg (5.95%), Copper: 0.11mg (5.7%), Vitamin A: 247.47IU (4.95%), Vitamin B3: 0.96mg (4.8%), Magnesium: 18.28mg (4.57%), Vitamin B2: 0.08mg (4.57%), Iron: 0.57mg (3.16%), Phosphorus: 30.56mg (3.06%), Vitamin B1: 0.04mg (2.63%), Zinc: 0.38mg (2.5%), Calcium: 18.59mg (1.86%)