



Asparagus and Beet Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound asparagus
- ☐ 15 oz beets sliced canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 15 oz garbanzos canned
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup onion red rinsed drained thinly sliced
- ☐ 3 tablespoons roasted salted

☐ 6 servings salt

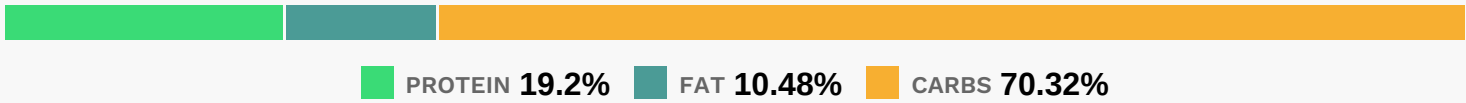
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Snap off tough ends of asparagus.
- ☐ Cut spears diagonally into 1-inch lengths.
- ☐ In a 10- to 12-inch frying pan, bring about 1 inch water to a boil.
- ☐ Add asparagus and cook just until tender-crisp when pierced, about 3 minutes.
- ☐ Transfer asparagus with a slotted spoon to a large bowl of ice water. Lift out when cold.
- ☐ Dry the frying pan and add cumin. Stir over low heat just until fragrant, about 30 seconds.
- ☐ Pour cumin into a wide bowl and add lemon juice.
- ☐ Drain beets and garbanzos, rinse with cool water, and drain again.
- ☐ Add to bowl along with asparagus, onion, cilantro, and pistachios.
- ☐ Mix and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:20.29, Glycemic Load:4.39, Inflammation Score:-7, Nutrition Score:14.14652179959%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.49mg, Isorhamnetin: 3.49mg, Isorhamnetin: 3.49mg, Isorhamnetin: 3.49mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg

Nutrients (% of daily need)

Calories: 193.34kcal (9.67%), Fat: 2.36g (3.63%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 28.36g (10.31%), Sugar: 13.24g (14.71%), Cholesterol: 4.66mg (1.55%), Sodium: 310.74mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Manganese: 1mg (49.8%), Folate: 167.71µg (41.93%), Fiber: 7.28g (29.11%), Copper: 0.42mg (21.18%), Vitamin K: 20.96µg (19.97%), Iron: 3.48mg (19.36%), Phosphorus: 177.72mg (17.77%), Magnesium: 56.38mg (14.09%), Vitamin B6: 0.26mg (13.1%), Vitamin B1: 0.19mg (12.85%), Potassium: 447.89mg (12.8%), Vitamin C: 9.75mg (11.82%), Zinc: 1.67mg (11.17%), Vitamin B2: 0.16mg (9.19%), Selenium: 6.41µg (9.16%), Vitamin A: 389.83IU (7.8%), Vitamin B3: 1.41mg (7.03%), Calcium: 62.22mg (6.22%), Vitamin E: 0.77mg (5.14%), Vitamin B5: 0.5mg (5.05%)