



Asparagus and Butterhead Lettuce Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb asparagus
- 0.3 teaspoon pepper black freshly ground
- 2 heads butterhead lettuce such as boston (see Notes)
- 0.1 teaspoon mustard dry
- 0.5 teaspoon honey
- 5 teaspoons juice of lemon fresh
- 0.3 teaspoon lemon zest shredded
- 4 ounces perlini mozzarella (tiny balls; see Notes)

- 3 tablespoons olive oil extra-virgin
- 2 tablespoons pinenuts
- 0.5 teaspoon salt

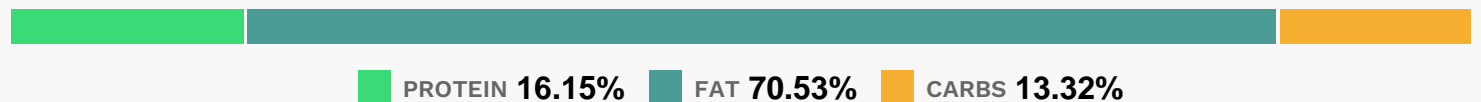
Equipment

- bowl
- whisk
- measuring cup

Directions

- Hold the end of an asparagus stalk and bend until it snaps off. Repeat with remaining stalks and discard woody ends. Slice trimmed spears on the diagonal into 1/8-in. lengths, leaving tips about 1 in. long.
- Remove and discard outer leaves of lettuce heads. Tear remaining leaves into bite-size pieces. Rinse and dry. Set aside.
- In a small bowl or measuring cup, whisk together olive oil, lemon juice, honey, salt, lemon zest, pepper, and dry mustard until creamy-looking.
- In a large bowl, toss lettuce with 3 tbsp. dressing. Divide lettuce among 4 salad plates. Toss asparagus pieces with remaining dressing and spoon over lettuces, dividing evenly.
- Sprinkle salads with perlini and pine nuts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:21.465217206789%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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 Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 18.1mg, Quercetin: 18.1mg, Quercetin: 18.1mg, Quercetin: 18.1mg

Nutrients (% of daily need)

Calories: 249.52kcal (12.48%), Fat: 20.61g (31.71%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.26g (4.73%), Cholesterol: 22.4mg (7.47%), Sodium: 475.23mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Vitamin K: 140.42µg (133.74%), Vitamin A: 3750.8IU (75.02%), Manganese: 0.79mg (39.67%), Folate: 123.55µg (30.89%), Vitamin E: 3.47mg (23.16%), Iron: 3.93mg (21.82%), Phosphorus: 216.23mg (21.62%), Calcium: 201.31mg (20.13%), Vitamin B2: 0.3mg (17.87%), Vitamin B1: 0.24mg (15.84%), Copper: 0.3mg (15.01%), Vitamin C: 11.99mg (14.54%), Fiber: 3.54g (14.14%), Potassium: 483.81mg (13.82%), Zinc: 1.94mg (12.91%), Selenium: 8.1µg (11.58%), Magnesium: 45.55mg (11.39%), Vitamin B12: 0.65µg (10.77%), Vitamin B6: 0.19mg (9.46%), Vitamin B3: 1.66mg (8.3%), Vitamin B5: 0.5mg (5%)