



Asparagus and Green Bean Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- 0.8 pound pencil asparagus trimmed
- 0.5 cup basil
- 1 cup flat-leaf parsley
- 1 small clove garlic
- 0.5 pound green beans trimmed
- 1 lemon zest juiced
- 0.3 cup olive oil extra-virgin
- 2 plum tomatoes seeded thinly sliced lengthwise

- 0.5 onion red thinly sliced
- 0.3 cup romano generous grated
- 4 servings salt
- 4 servings salt and pepper

Equipment

- food processor
- bowl
- knife
- kitchen towels

Directions

- Bring 1-inch of water to a boil, add salt then green beans, cover and cook 2 minutes, then add asparagus and cook 3 minutes more. If using pencil asparagus, blanch for 1 to 2 minutes.
- Drain well and cold shock vegetables in ice water to stop cooking process.
- Drain the vegetables on clean kitchen towels to dry completely. Thinly slice the green beans lengthwise on an angle; pile them together and run your knife through them cutting them into 2-inch pieces. Halve the asparagus lengthwise if thicker, leave in spindles if thin, then cut the spears into 2-inch pieces on an angle.
- Combine the beans, asparagus, 1/2 cup of parsley and onion in a shallow bowl.
- Combine the lemon zest and juice, remaining 1/2 cup of parsley and herbs in a food processor with cheese. Turn processor on and stream in extra-virgin olive oil. Season the dressing with salt and pepper and pour over the salad. Season the sliced tomatoes with salt and garnish salad with them.

Nutrition Facts



PROTEIN 9.84% **FAT 71.91%** **CARBS 18.25%**

Properties

Glycemic Index:75.5, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:19.379565133349%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg

Nutrients (% of daily need)

Calories: 237.2kcal (11.86%), Fat: 20.06g (30.87%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.1g (5.67%), Cholesterol: 4.25mg (1.42%), Sodium: 504.01mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Vitamin K: 331.67µg (315.88%), Vitamin A: 2764.18IU (55.28%), Vitamin C: 39.6mg (48%), Vitamin E: 4.11mg (27.4%), Folate: 95.69µg (23.92%), Iron: 3.72mg (20.68%), Manganese: 0.38mg (19.16%), Fiber: 4.64g (18.56%), Calcium: 151.45mg (15.15%), Potassium: 488.35mg (13.95%), Vitamin B1: 0.2mg (13.64%), Vitamin B2: 0.23mg (13.43%), Phosphorus: 132.28mg (13.23%), Copper: 0.26mg (13.17%), Vitamin B6: 0.23mg (11.72%), Magnesium: 43.46mg (10.86%), Vitamin B3: 1.7mg (8.5%), Zinc: 1.04mg (6.94%), Selenium: 3.91µg (5.59%), Vitamin B5: 0.51mg (5.09%), Vitamin B12: 0.08µg (1.25%)