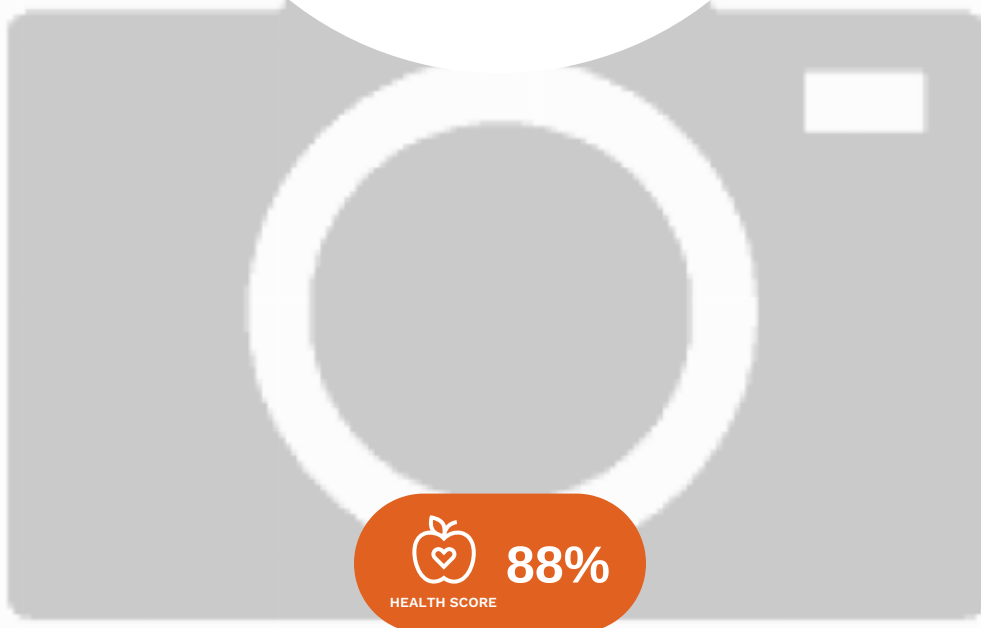




Asparagus and Smoked Salmon Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound asparagus fresh trimmed cut into 1 inch pieces
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons juice of lemon
- ☐ 2 heads lettuce red rinsed
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.5 cup pecans
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 0.3 pound salmon smoked cut into 1 inch chunks

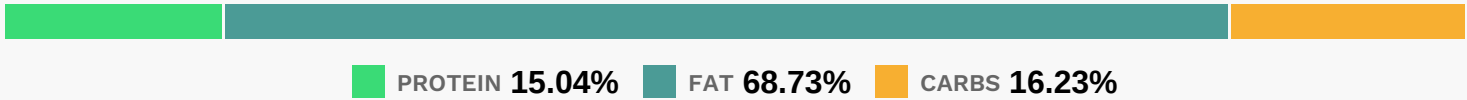
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of water to a boil.
- ☐ Place asparagus in the pot, and cook 5 minutes, just until tender.
- ☐ Drain, and set aside.
- ☐ Place the pecans in a skillet over medium heat. Cook 5 minutes, stirring frequently, until lightly toasted.
- ☐ In a large bowl, toss together the asparagus, pecans, red leaf lettuce, peas, and salmon.
- ☐ In a separate bowl, mix the olive oil, lemon juice, Dijon mustard, salt, and pepper. Toss with the salad or serve on the side.

Nutrition Facts



Properties

Glycemic Index:18.79, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:18.774347823599%

Flavonoids

Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg

Nutrients (% of daily need)

Calories: 149.1kcal (7.45%), Fat: 12.12g (18.65%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.3g (2.56%), Cholesterol: 3.26mg (1.09%), Sodium: 284.43mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin K: 138.39µg (131.8%), Vitamin A: 6302.35IU (126.05%), Manganese: 0.58mg (28.79%), Folate: 65.63µg (16.41%), Vitamin D: 2.42µg (16.16%), Iron: 2.61mg (14.49%), Vitamin C: 11.18mg (13.55%), Vitamin E: 2.03mg (13.51%), Vitamin B1: 0.2mg (13.39%), Copper: 0.25mg (12.68%), Fiber: 3.05g (12.2%), Selenium: 7.67µg (10.96%), Vitamin B2: 0.17mg (10.28%), Phosphorus: 102.36mg (10.24%), Vitamin B6: 0.2mg (9.94%), Potassium: 337mg (9.63%), Vitamin B3: 1.74mg (8.7%), Magnesium: 30.87mg (7.72%), Vitamin B12: 0.46µg (7.7%), Zinc: 0.9mg (6.03%), Calcium: 48.31mg (4.83%), Vitamin B5: 0.46mg (4.6%)