



Asparagus and Spring Greens Salad with Gorgonzola Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus white green trimmed cut into (2-inch) pieces
- 0.3 teaspoon pepper black freshly ground
- 2 ounces gorgonzola cheese divided crumbled
- 0.5 teaspoon lemon rind grated
- 5 ounce salad greens mixed
- 2 tablespoons olive oil extra-virgin
- 2.3 teaspoons salt divided

- 2 tablespoons shallots minced
- 2 tablespoons balsamic vinegar white

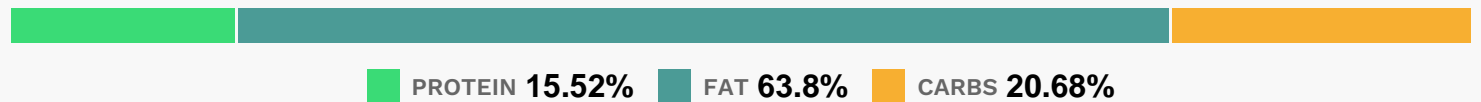
Equipment

- bowl
- whisk

Directions

- Cook asparagus and 2 teaspoons salt in boiling water 2 minutes or until crisp-tender.
- Drain and rinse asparagus under cold water; drain.
- Combine remaining 1/4 teaspoon salt, shallots, and next 4 ingredients (through pepper) in a small bowl, stirring with a whisk. Stir in 1/4 cup cheese.
- Combine asparagus and greens in a large bowl.
- Drizzle with dressing; toss gently to coat.
- Sprinkle with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:6.2973912999682%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 75.67kcal (3.78%), Fat: 5.62g (8.65%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.9g (2.11%), Cholesterol: 5.32mg (1.77%), Sodium: 742.6mg (32.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin K: 25.99µg (24.75%), Vitamin A: 684.51IU (13.69%), Folate: 39.47µg (9.87%), Vitamin C: 7.65mg (9.27%), Iron: 1.44mg (7.99%), Vitamin E: 1.16mg (7.76%), Manganese: 0.14mg (6.92%), Vitamin B2: 0.12mg (6.86%), Phosphorus: 66.2mg (6.62%), Copper: 0.12mg (6.18%), Vitamin B1: 0.09mg (6.01%), Calcium: 56.22mg (5.62%), Fiber: 1.3g (5.2%), Potassium: 177.18mg (5.06%), Vitamin B6:

0.09mg (4.33%), Zinc: 0.55mg (3.65%), Vitamin B3: 0.73mg (3.65%), Selenium: 2.44µg (3.48%), Magnesium: 12.66mg (3.17%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.09µg (1.44%)