



Asparagus and Sun-Dried Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



5

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bunches asparagus split trimmed
- ☐ 2 tablespoons garlic fresh chopped
- ☐ 2 teaspoons ground pepper black
- ☐ 2 tablespoons rosemary leaves coarsely chopped
- ☐ 3 teaspoons salt
- ☐ 12 mushroom caps sliced thin
- ☐ 8 ounce julienne sun-dried tomatoes drained sliced in oil
- ☐ 2 tablespoons thyme leaves coarsely chopped

☐ 0.3 cup vegetable oil

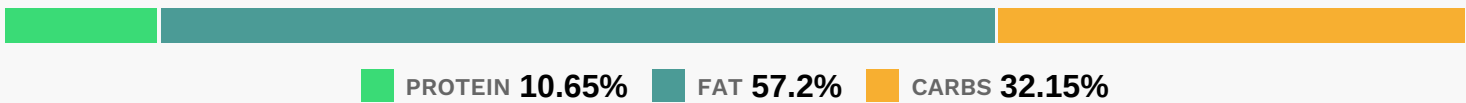
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill on medium-high heat.
- ☐ Add asparagus, chopped garlic, vegetable oil, salt and pepper, rosemary and thyme to a large bowl.
- ☐ Mix together. Grill asparagus for 3 to 4 minutes.
- ☐ Place asparagus back into bowl.
- ☐ Add julienne-sliced sun-dried tomatoes.
- ☐ Mix together.
- ☐ Remove 2 tablespoons oil from asparagus mixture, and place into saute pan.
- ☐ Add mushrooms; cook for 3 to 4 minutes until browned and crisp.
- ☐ Remove mushrooms and mix into asparagus mixture.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.2, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:26.926956233771%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 10.26mg, Isorhamnetin: 10.26mg, Isorhamnetin: 10.26mg, Isorhamnetin: 10.26mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 25.22mg, Quercetin:

25.22mg, Quercetin: 25.22mg, Quercetin: 25.22mg

Nutrients (% of daily need)

Calories: 252.65kcal (12.63%), Fat: 17.88g (27.5%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 14.36g (5.22%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 1523.92mg (66.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin K: 96.29µg (91.7%), Vitamin C: 62.23mg (75.43%), Vitamin A: 2106.84IU (42.14%), Manganese: 0.8mg (39.76%), Potassium: 1224.06mg (34.97%), Iron: 6.07mg (33.75%), Fiber: 8.25g (33.01%), Copper: 0.64mg (32.18%), Vitamin B2: 0.52mg (30.71%), Folate: 112.35µg (28.09%), Vitamin B1: 0.36mg (24.18%), Vitamin B3: 4.8mg (24%), Vitamin B6: 0.47mg (23.63%), Phosphorus: 203.97mg (20.4%), Vitamin E: 2.94mg (19.58%), Magnesium: 77.11mg (19.28%), Vitamin B5: 1.26mg (12.56%), Zinc: 1.8mg (11.99%), Selenium: 7.95µg (11.36%), Calcium: 96.97mg (9.7%)