



 **64%**
HEALTH SCORE

Asparagus and Sun-Dried Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh
- 0.3 cup balsamic vinegar
- 1 garlic clove minced
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 0.3 cup sun-dried tomato sprinkles

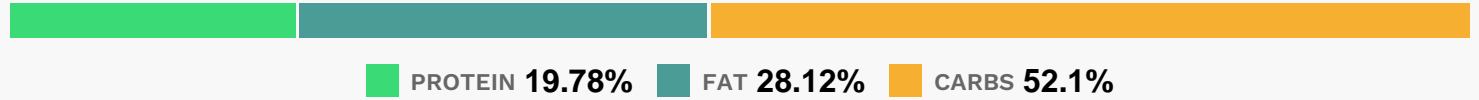
Equipment

- bowl

Directions

- Steam asparagus, covered, 4 minutes.
- Place in a shallow dish.
- Combine the tomato sprinkles and remaining ingredients in a bowl. Spoon evenly over asparagus. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:13.726521699325%

Flavonoids

Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg

Nutrients (% of daily need)

Calories: 76.73kcal (3.84%), Fat: 2.7g (4.15%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 7.31g (2.66%), Sugar: 6.73g (7.48%), Cholesterol: 0mg (0%), Sodium: 109.03mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin K: 66.94µg (63.75%), Vitamin A: 1196.51IU (23.93%), Iron: 3.89mg (21.61%), Folate: 82.79µg (20.7%), Copper: 0.38mg (18.84%), Manganese: 0.37mg (18.71%), Vitamin B1: 0.25mg (16.63%), Fiber: 3.94g (15.75%), Potassium: 528.98mg (15.11%), Vitamin B2: 0.24mg (14.33%), Vitamin E: 2.05mg (13.64%), Vitamin C: 11.02mg (13.36%), Phosphorus: 103.16mg (10.32%), Vitamin B3: 2.04mg (10.18%), Magnesium: 34.43mg (8.61%), Vitamin B6: 0.16mg (8.2%), Zinc: 0.95mg (6.35%), Selenium: 3.88µg (5.55%), Vitamin B5: 0.54mg (5.45%), Calcium: 46.87mg (4.69%)