



Asparagus and Tomato Skewers with Honey Mustard-Horseradish Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus trimmed
- 1 pint cherry tomatoes on the vine
- 0.3 cup dijon mustard
- 2 tablespoons mint leaves fresh finely chopped
- 0.3 cup r honey
- 3 tablespoons horseradish prepared drained
- 4 servings olive oil

- 4 servings salt and pepper black freshly ground
- 4 servings wooden skewers soaked in water

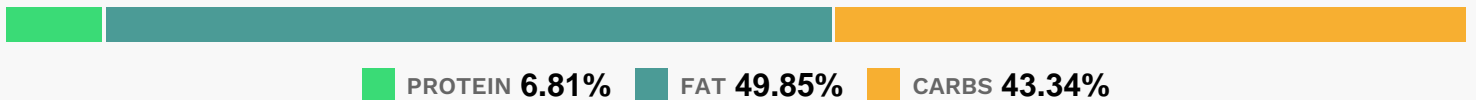
Equipment

- bowl
- whisk
- grill
- skewers

Directions

- Preheat the grill.
- Whisk together the mustard, honey, horseradish and mint in a bowl and season with salt and pepper, to taste.
- Let sit at room temperature for at least 15 minutes to allow the flavors to meld.
- Thread the tomatoes onto skewers and put them into a large bowl.
- Add the asparagus and drizzle with a little oil. Season with salt and pepper, to taste.
- Put the tomatoes on the grill and cook until charred on both sides. Grill the asparagus for about 2 minutes per side.
- Put the vegetables on a platter and drizzle them with the mustard sauce.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.82, Glycemic Load:10.13, Inflammation Score:-8, Nutrition Score:16.562608781068%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 6.46mg,

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.68mg, Quercetin: 16.68mg, Quercetin: 16.68mg, Quercetin: 16.68mg

Nutrients (% of daily need)

Calories: 249.04kcal (12.45%), Fat: 14.9g (22.92%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 24.62g (8.95%), Sugar: 23.59g (26.21%), Cholesterol: 0mg (0%), Sodium: 247.47mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin K: 59.46µg (56.63%), Vitamin C: 37.09mg (44.95%), Vitamin A: 1553.77IU (31.08%), Vitamin E: 4.02mg (26.78%), Manganese: 0.44mg (22.08%), Folate: 85.14µg (21.28%), Iron: 3.83mg (21.28%), Copper: 0.38mg (18.81%), Fiber: 4.52g (18.07%), Potassium: 564.68mg (16.13%), Vitamin B1: 0.24mg (15.81%), Selenium: 8.98µg (12.83%), Vitamin B2: 0.21mg (12.57%), Phosphorus: 115.21mg (11.52%), Vitamin B6: 0.22mg (11.21%), Magnesium: 41.99mg (10.5%), Vitamin B3: 1.94mg (9.69%), Calcium: 71.36mg (7.14%), Zinc: 1.07mg (7.13%), Vitamin B5: 0.54mg (5.45%)