

## Asparagus, Artichoke, and Mushroom Saute with Tarragon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus sliced into 3-inch pieces
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons tarragon leaves fresh chopped
- 8 ounce artichoke hearts frozen thawed
- 1 clove garlic minced
- 8 ounces mushrooms sliced
- 2 tablespoons olive oil

- 6 tablespoons olive oil extra-virgin
- 0.5 teaspoon salt
- 1 large shallots sliced
- 0.5 pint teardrop tomatoes halved
- 3 tablespoons citrus champagne vinegar

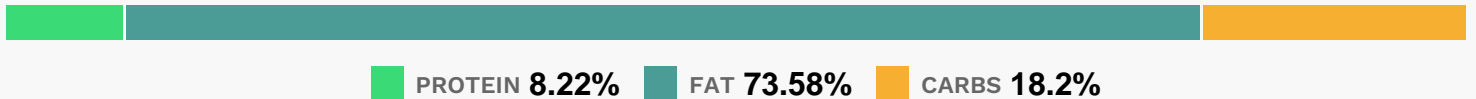
## Equipment

- frying pan

## Directions

- Watch how to make this recipe.
- Warm the oil in a large skillet over medium-high heat.
- Add the shallot and the garlic and cook until tender, about 2 minutes.
- Combine the oil, vinegar, tarragon, salt and pepper in a glass screw-top jar. Seal the jar and shake vigorously to mix the vinaigrette.
- Toss the vegetables with the vinaigrette and serve.

## Nutrition Facts



## Properties

Glycemic Index:66, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:21.878260887187%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg

## Nutrients (% of daily need)

Calories: 333.26kcal (16.66%), Fat: 28.96g (44.55%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 9.74g (3.54%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 329.93mg (14.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.55%), Vitamin K: 68.97µg (65.69%), Folate: 160.68µg (40.17%), Vitamin E: 5.64mg (37.62%), Manganese: 0.74mg (37.13%), Vitamin A: 1585.3IU (31.71%), Vitamin B2: 0.53mg (31.04%), Vitamin C: 21.19mg (25.68%), Iron: 4.59mg (25.52%), Fiber: 6.38g (25.5%), Copper: 0.49mg (24.73%), Potassium: 826.13mg (23.6%), Vitamin B3: 4.33mg (21.64%), Vitamin B6: 0.37mg (18.58%), Vitamin B1: 0.28mg (18.47%), Phosphorus: 171.76mg (17.18%), Magnesium: 57.11mg (14.28%), Vitamin B5: 1.34mg (13.43%), Selenium: 8.34µg (11.91%), Zinc: 1.37mg (9.1%), Calcium: 90.83mg (9.08%)