



Asparagus Artichoke Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



22 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large shallots red sliced thin (can sub 3 slices of onion or some spring onion)
- ☐ 2 tablespoons juice of lemon
- ☐ 2 pounds asparagus thick rinsed for stock (or saved)
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 6 servings salt
- ☐ 1 teaspoon garlic powder
- ☐ 1 pint cherry tomatoes sliced in half
- ☐ 15 ounce marinated artichoke hearts quartered cut in half (depending on the size of the artichokes)

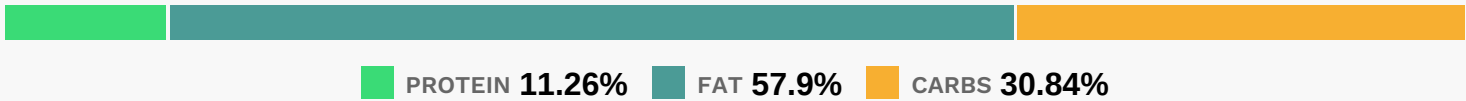
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak the sliced shallots in the lemon juice as you get ready to make the rest of the salad.
- ☐ To roast the asparagus, preheat the oven to 400°F. Coat the asparagus spears with 1 Tbsp of olive oil, and salt them well.
- ☐ Lay in a single layer in a foil-lined roasting pan, and cook for 8–10 minutes until lightly browned and fork tender.
- ☐ To grill the asparagus, prepare your charcoal or gas grill for high direct heat. Coat the asparagus with 1 Tbsp of olive oil and sprinkle with salt. Grill them until nicely charred and fork tender, between 5 to 10 minutes.
- ☐ Remove the asparagus from the oven or grill and cut into bite-sized pieces.
- ☐ Put the asparagus and all the remaining ingredients into a large bowl and mix to combine.
- ☐ Add as much of the marinating liquid from the jarred artichokes as you like.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:17.43173930956%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.15mg, Quercetin: 22.15mg, Quercetin: 22.15mg, Quercetin: 22.15mg

Nutrients (% of daily need)

Calories: 167.74kcal (8.39%), Fat: 11.34g (17.44%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 475.92mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin K: 76.54µg (72.9%), Vitamin C: 44.06mg (53.4%), Vitamin A: 2279.27IU (45.59%), Iron: 4.4mg (24.47%), Folate: 92.78µg (23.19%), Fiber: 5.31g (21.25%), Vitamin E: 2.86mg (19.04%), Copper: 0.35mg (17.6%), Manganese: 0.33mg (16.72%), Vitamin B1: 0.25mg (16.68%), Potassium: 500.04mg (14.29%), Vitamin B2: 0.24mg (13.84%), Vitamin B6: 0.21mg (10.65%), Phosphorus: 104.72mg (10.47%), Vitamin B3: 1.93mg (9.64%), Magnesium: 29.79mg (7.45%), Zinc: 0.96mg (6.41%), Calcium: 63mg (6.3%), Selenium: 4.02µg (5.75%), Vitamin B5: 0.53mg (5.29%)