



Asparagus, Avocado, Blue Cheese and Beetroot Salad



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 asparagus tips
- ☐ 1 avocado sliced
- ☐ 12 baby beets fresh cut in half (pickled or)
- ☐ 120 g cheese blue cut into chunks
- ☐ 2 tbsp juice of lemon fresh
- ☐ 90 g salad leaves mixed

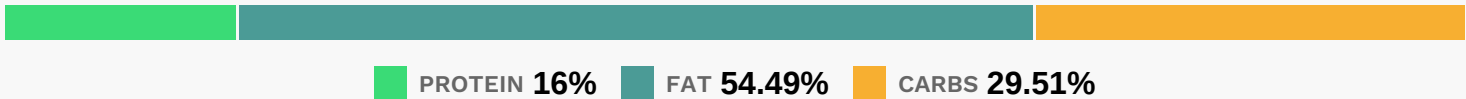
Equipment

☐ bowl

Directions

- ☐ Steam or boil the asparagus until tender, then rinse in cold water to refresh.
- ☐ Divide the salad leaves between the bowls.
- ☐ Slice the avocado and then toss in the lemon juice, This will prevent the avocado from browning, but will also add a bit of extra flavour too.
- ☐ Add the asparagus, avocado and baby beets to the bowls, then top with the blue cheese and a drizzle of your favourite salad dressing.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:6.15, Inflammation Score:-8, Nutrition Score:18.041739194289%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 254.04kcal (12.7%), Fat: 16.3g (25.07%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 12.01g (4.37%), Sugar: 9.89g (10.99%), Cholesterol: 22.5mg (7.5%), Sodium: 451.34mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Folate: 220.36µg (55.09%), Fiber: 7.84g (31.37%), Vitamin K: 31.49µg (29.99%), Manganese: 0.59mg (29.43%), Vitamin C: 21.86mg (26.5%), Potassium: 863.65mg (24.68%), Phosphorus: 225.76mg (22.58%), Calcium: 199.01mg (19.9%), Vitamin A: 961.78IU (19.24%), Vitamin B2: 0.31mg (18.19%), Vitamin B6: 0.33mg (16.32%), Vitamin B5: 1.58mg (15.76%), Copper: 0.3mg (15.14%), Magnesium: 59.41mg (14.85%), Iron: 2.53mg (14.05%), Zinc: 1.86mg (12.4%), Vitamin E: 1.72mg (11.45%), Vitamin B3: 2.19mg (10.96%), Vitamin B1: 0.16mg (10.51%), Selenium: 6.61µg (9.45%), Vitamin B12: 0.37µg (6.1%)