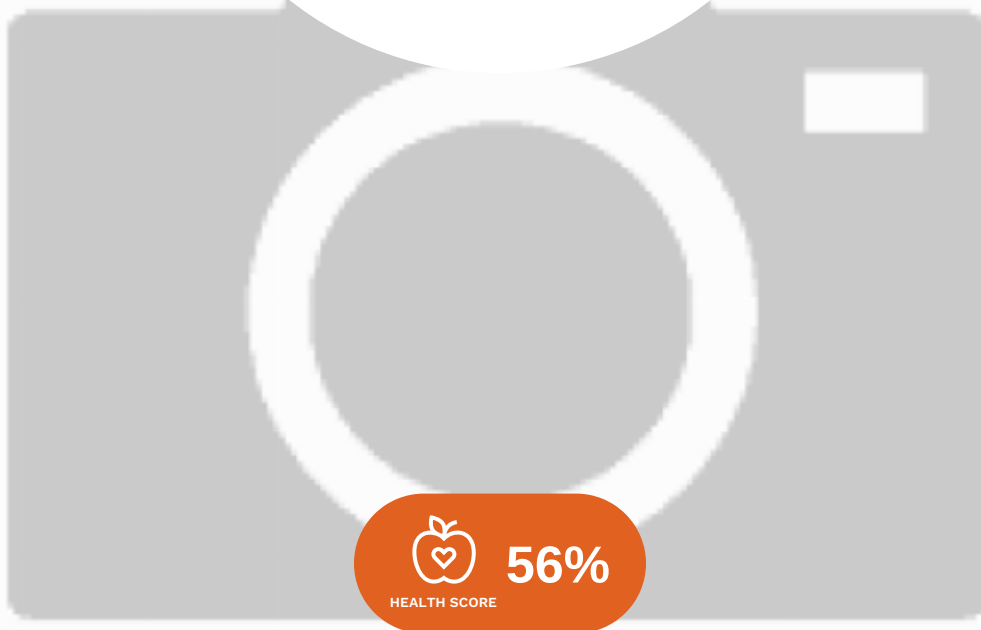




Asparagus Avocado Medley Evonne Style



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh trimmed cut into 1 1/2-inch pieces
- ☐ 1 large avocado pitted cubed peeled
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 8 mushrooms fresh sliced
- ☐ 1 clove garlic minced

- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 onion red sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 large tomatoes seeded chopped
- ☐ 2 tablespoons water
- ☐ 1 zucchini diced

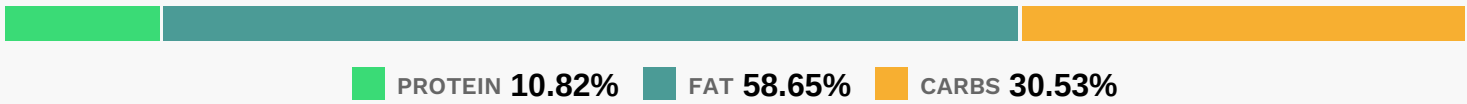
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Place asparagus and water into a dish, cover, and microwave on high for 3 minutes; stir. Continue microwaving until asparagus are bright green and slightly tender, 2 to 3 more minutes.
- ☐ Drain and cool.
- ☐ Toss asparagus, mushrooms, avocado, zucchini, tomato, and red onion gently in a large salad bowl.
- ☐ Combine lemon juice, olive oil, balsamic vinegar, Dijon mustard, garlic, basil, thyme, salt, and black pepper in a jar with a tight-fitting lid; cover and shake dressing to mix.
- ☐ Pour dressing over salad and toss again to coat. Cover salad and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:14.063478327316%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg 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: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.71mg, Quercetin: 14.71mg, Quercetin: 14.71mg, Quercetin: 14.71mg

Nutrients (% of daily need)

Calories: 139.52kcal (6.98%), Fat: 10.01g (15.4%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 6.48g (2.36%), Sugar: 5.11g (5.67%), Cholesterol: 0mg (0%), Sodium: 117.33mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin K: 48.18µg (45.89%), Vitamin C: 21.64mg (26.23%), Folate: 88.43µg (22.11%), Fiber: 5.25g (20.98%), Vitamin A: 943.99IU (18.88%), Vitamin B2: 0.3mg (17.77%), Potassium: 599.34mg (17.12%), Copper: 0.34mg (17.09%), Manganese: 0.34mg (16.86%), Vitamin E: 2.46mg (16.37%), Vitamin B6: 0.29mg (14.65%), Iron: 2.43mg (13.52%), Vitamin B3: 2.66mg (13.28%), Vitamin B1: 0.19mg (12.72%), Vitamin B5: 1.2mg (12.02%), Phosphorus: 107.77mg (10.78%), Magnesium: 35.86mg (8.97%), Selenium: 4.88µg (6.97%), Zinc: 0.98mg (6.51%), Calcium: 41.96mg (4.2%)