



Asparagus-Caramelized Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons aged balsamic vinegar
- ☐ 1 pound asparagus trimmed cut into bite sized pieces on an angle
- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 4 servings salt

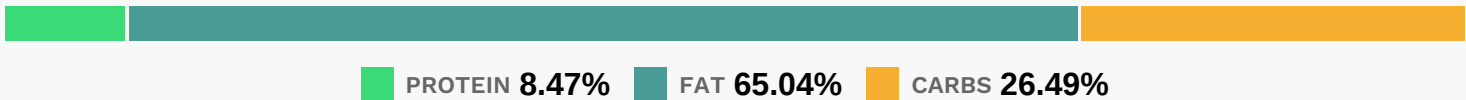
Equipment

☐ frying pan

Directions

- ☐ Heat the extra-virgin olive oil, 3 turns of the pan, in a skillet over medium to medium-high heat.
- ☐ Add onions and cook until caramel colored, stirring occasionally.
- ☐ Pour 1-inch of water into a skillet and bring to boil.
- ☐ Add salt and asparagus and cook 3 minutes, drain.
- ☐ Stir in thyme, mustard, balsamic vinegar and pepper into onions and toss with asparagus to coat.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:2.2, Inflammation Score:-9, Nutrition Score:11.086086936619%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 8.34mg, Isorhamnetin: 8.34mg, Isorhamnetin: 8.34mg, Isorhamnetin: 8.34mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 23.47mg, Quercetin: 23.47mg, Quercetin: 23.47mg, Quercetin: 23.47mg

Nutrients (% of daily need)

Calories: 141.08kcal (7.05%), Fat: 10.79g (16.6%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.49g (2.36%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 227.29mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 53.85µg (51.28%), Vitamin A: 943.5IU (18.87%), Vitamin E: 2.81mg (18.74%), Folate: 67.07µg (16.77%), Iron: 2.98mg (16.55%), Manganese: 0.29mg (14.59%), Vitamin C: 11.94mg (14.47%), Fiber: 3.4g (13.59%), Vitamin B1: 0.19mg (12.34%), Copper: 0.24mg (12.2%), Vitamin B2: 0.18mg (10.59%), Potassium: 308.66mg (8.82%), Vitamin B6: 0.16mg (7.81%), Phosphorus: 76.07mg (7.61%), Magnesium: 24.76mg (6.19%), Vitamin B3: 1.2mg (6%), Selenium: 3.65µg (5.22%), Zinc: 0.73mg (4.88%), Calcium: 47.33mg (4.73%), Vitamin B5: 0.37mg (3.73%)