



## Asparagus, Green Onion, Cucumber, and Herb Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 3 pounds asparagus trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chervil fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups cucumber english peeled seeded
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon chives fresh chopped

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 4 cups spring onion thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 1 tablespoon red wine vinegar

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ ziploc bags
- ☐ kitchen towels

## Directions

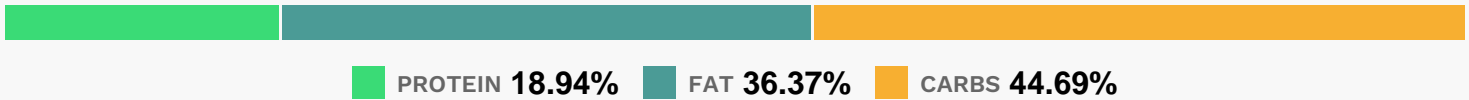
- ☐ Whisk first 5 ingredients in small bowl. Gradually whisk in oil.
- ☐ DO AHEAD: Can be made 1 day ahead. Cover and refrigerate. Bring to room temperature and rewhisk before using.
- ☐ Fill large bowl with lightly salted ice water; stir until salt dissolves. Cook asparagus in large pot of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain, reserving 3 cups cooking liquid.
- ☐ Transfer asparagus to bowl of salted ice water to cool.
- ☐ Place green onions in another large bowl; pour hot reserved asparagus cooking liquid over onions and let stand until cool, about 30 minutes.
- ☐ Drain asparagus and green onions well.
- ☐ Transfer onions to clean kitchen towel and squeeze dry. DO AHEAD: Asparagus and onions can be made 1 day ahead. Wrap separately in several layers of paper towels, then enclose in

resealable plastic bags and refrigerate.

- ☐
- Combine green onions, cucumbers, and herbs in mixing bowl.

☐☐☐☐☐

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:16.418695698614%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 23.33mg, Quercetin: 23.33mg, Quercetin: 23.33mg, Quercetin: 23.33mg

## Nutrients (% of daily need)

Calories: 78.23kcal (3.91%), Fat: 3.63g (5.59%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 249.27mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin K: 151.6µg (144.38%), Vitamin A: 1571.49IU (31.43%), Folate: 106.86µg (26.71%), Vitamin C: 19.48mg (23.62%), Iron: 3.98mg (22.13%), Manganese: 0.37mg (18.74%), Fiber: 4.38g (17.54%), Copper: 0.33mg (16.45%), Vitamin B1: 0.23mg (15.67%), Vitamin E: 2.25mg (15%), Vitamin B2: 0.25mg (14.46%), Potassium: 488.65mg (13.96%), Phosphorus: 99.39mg (9.94%), Vitamin B6: 0.19mg (9.35%), Magnesium: 35.35mg (8.84%), Vitamin B3: 1.64mg (8.21%), Calcium: 81.67mg (8.17%), Zinc: 1.04mg (6.92%), Selenium: 3.76µg (5.37%), Vitamin B5: 0.51mg (5.12%)