



 **31%**
HEALTH SCORE

Asparagus in Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh trimmed cut into 2-inch pieces
- 1 tablespoon parsley fresh minced
- 1 garlic clove minced
- 2 spring onion chopped
- 2 tablespoons bell pepper diced green
- 2 tablespoons juice of lemon
- 0.3 cup olive oil
- 1 tablespoon onion diced

- 0.3 teaspoon pepper
- 0.8 teaspoon salt
- 2 tablespoons pickle relish sweet

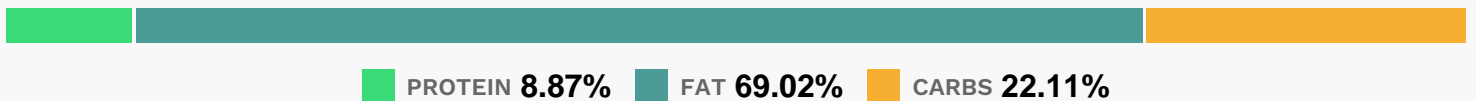
Equipment

- bowl
- sauce pan
- whisk
- slotted spoon
- steamer basket

Directions

- Place asparagus in a steamer basket.
- Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 6–8 minutes or until crisp-tender. Rinse with cold water; drain well.
- Place in a bowl; add the green onions, green pepper, pickle relish and garlic.
- In a small bowl, whisk the oil, lemon juice, onion, parsley, salt and pepper.
- Pour over asparagus mixture and toss to coat. Cover and refrigerate until chilled.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:10.66826096825%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 6.53mg, Isorhamnetin: 6.53mg, Isorhamnetin: 6.53mg, Isorhamnetin: 6.53mg

6.53mg, Isorhamnetin: 6.53mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.5mg, Quercetin:
16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg

Nutrients (% of daily need)

Calories: 110.76kcal (5.54%), Fat: 9.18g (14.13%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 6.62g (2.21%), Net
Carbohydrates: 4g (1.46%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 251.87mg (10.95%), Alcohol: 0g
(100%), Protein: 2.66g (5.31%), Vitamin K: 70.43µg (67.08%), Vitamin A: 984.22IU (19.68%), Vitamin E: 2.63mg
(17.57%), Folate: 62.93µg (15.73%), Iron: 2.61mg (14.52%), Vitamin C: 11.15mg (13.51%), Copper: 0.23mg (11.27%),
Vitamin B1: 0.17mg (11.19%), Fiber: 2.61g (10.45%), Manganese: 0.2mg (10.25%), Vitamin B2: 0.17mg (9.77%),
Potassium: 253.28mg (7.24%), Phosphorus: 62.69mg (6.27%), Vitamin B6: 0.12mg (5.96%), Vitamin B3: 1.16mg
(5.8%), Magnesium: 17.7mg (4.43%), Zinc: 0.65mg (4.32%), Selenium: 2.69µg (3.85%), Vitamin B5: 0.33mg (3.27%),
Calcium: 32.1mg (3.21%)