



## Asparagus Mimosa

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus fresh
- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon cider vinegar
- 1 teaspoon olive oil extra virgin
- 1 teaspoon chives fresh chopped
- 1 hard-cooked egg grated
- 4 servings hot sauce
- 0.1 teaspoon kosher salt

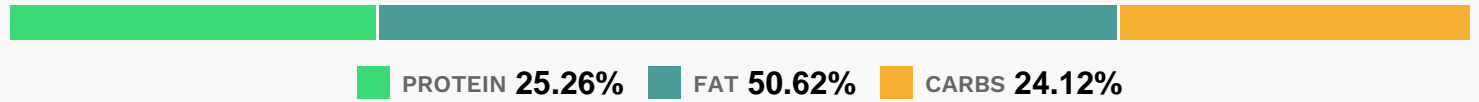
2 tablespoons spicy sausage smoked diced finely

## Equipment

## Directions

- Trim asparagus; cook in boiling salted water to cover 1 to 2 minutes or until crisp-tender.
- Drain. Plunge into ice water; drain. Toss with vinegar, olive oil, salt, and pepper.
- Place on a serving platter; top with grated egg, sauted sausage, and chopped fresh chives.
- Serve with hot sauce.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:10.327826023102%

## Flavonoids

Isorhamnetin: 6.48mg, Isorhamnetin: 6.48mg, Isorhamnetin: 6.48mg, Isorhamnetin: 6.48mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

## Nutrients (% of daily need)

Calories: 73.65kcal (3.68%), Fat: 4.43g (6.82%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 2.35g (0.85%), Sugar: 2.28g (2.54%), Cholesterol: 51.87mg (17.29%), Sodium: 155.88mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Vitamin K: 48.45µg (46.14%), Vitamin A: 933.68IU (18.67%), Folate: 65.04µg (16.26%), Iron: 2.67mg (14.83%), Vitamin B2: 0.24mg (13.95%), Vitamin B1: 0.19mg (12.66%), Copper: 0.22mg (11.09%), Selenium: 7.43µg (10.62%), Vitamin E: 1.56mg (10.37%), Manganese: 0.2mg (9.87%), Fiber: 2.4g (9.61%), Phosphorus: 88.73mg (8.87%), Vitamin C: 6.57mg (7.96%), Potassium: 261.44mg (7.47%), Vitamin B3: 1.36mg (6.79%), Vitamin B6: 0.13mg (6.58%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.52mg (5.2%), Magnesium: 18.29mg (4.57%), Vitamin B12: 0.25µg (4.17%), Calcium: 34.64mg (3.46%), Vitamin D: 0.36µg (2.38%)