



Asparagus Mimosa



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb asparagus trimmed peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 2 large hardboiled eggs at room temperature
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2.3 teaspoons salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 tablespoons tarragon vinegar

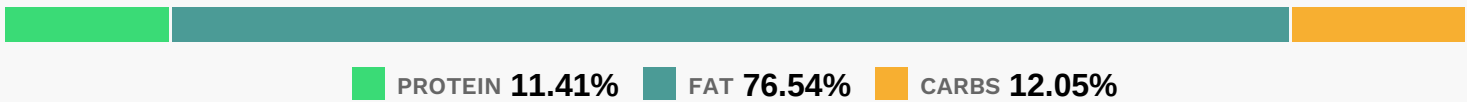
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Prepare a bowl of ice and cold water.
- ☐ Put asparagus in a 12-inch heavy skillet, then cover with cold water. Bring water to a boil and add 2 teaspoons salt, then reduce heat and simmer asparagus, uncovered, until just tender, 6 to 8 minutes.
- ☐ Transfer with tongs to ice water, then to a clean kitchen towel. Pat dry.
- ☐ Whisk together vinegar, shallot, mustard, pepper, and remaining 1/4 teaspoon salt in a small bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Halve eggs, then force through a medium-mesh sieve into another small bowl. Toss asparagus with 1 tablespoon vinaigrette in a large shallow bowl, then divide asparagus among 4 plates. Spoon additional vinaigrette over asparagus and top with egg.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:16.563043449236%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 236.05kcal (11.8%), Fat: 20.9g (32.16%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 3.69g (1.34%), Sugar: 3.7g (4.11%), Cholesterol: 93.25mg (31.08%), Sodium: 1357.07mg (59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 81.81µg (77.92%), Vitamin E: 4.78mg (31.85%), Vitamin A: 1417.26IU (28.35%), Folate: 100.4µg (25.1%), Iron: 4.11mg (22.82%), Vitamin B2: 0.37mg (21.74%), Vitamin B1: 0.26mg (17.58%), Selenium: 12.11µg (17.31%), Copper: 0.33mg (16.51%), Manganese: 0.3mg (15.18%), Fiber: 3.72g (14.89%), Phosphorus: 134.72mg (13.47%), Vitamin C: 9.73mg (11.79%), Potassium: 386.76mg (11.05%), Vitamin B6: 0.19mg (9.74%), Vitamin B3: 1.69mg (8.46%), Vitamin B5: 0.83mg (8.27%), Zinc: 1.2mg (8.03%), Magnesium: 27.66mg (6.91%), Calcium: 56.78mg (5.68%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.55µg (3.67%)