



Asparagus, Orange, and Lentil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



49 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh
- 1 medium size fennel bulb
- 0.5 cup flat-leaf parsley leaves fresh loosely packed
- 1.5 teaspoons kosher salt divided
- 1.5 cups pink lentils dried rinsed
- 2 large oranges peeled sliced
- 0.3 teaspoon pepper freshly ground
- 30 servings champagne-shallot vinaigrette

- 2 cups lettuces assorted coarsely chopped
- 2 cups lettuces assorted coarsely chopped

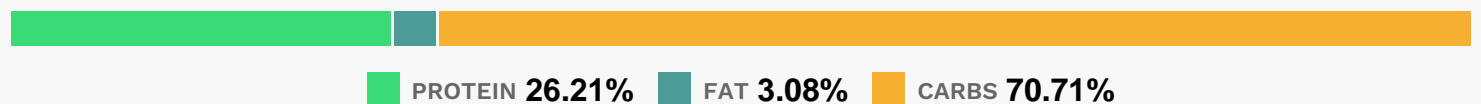
Equipment

- bowl
- paper towels
- sauce pan

Directions

- Rinse fennel thoroughly. Trim and discard root end of bulb. Trim stalks from bulb, and chop fronds to equal 1/4 cup; reserve stalks and remaining fronds for another use. Thinly slice bulb, and toss with oranges, pepper, and 1/2 tsp. salt. Cover and let stand until ready to use.
- Meanwhile, cut asparagus tips into 1 1/2-inch pieces.
- Cut stalks diagonally into thin slices, discarding tough ends.
- Bring 3 cups water and 1/2 tsp. salt to a boil in a large saucepan over medium-high heat.
- Add asparagus, and cook 1 to 2 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain. Pat dry with paper towels.
- Bring 3 cups water and remaining 1/2 tsp. salt to a boil in saucepan over medium heat.
- Add lentils; return to a boil. Reduce heat to low, and cook, stirring often, 8 to 10 minutes or until crisp-tender.
- Drain well, and rinse with cold water. Toss lentils with 1/4 cup Champagne-Shallot Vinaigrette.
- Combine lettuces, parsley, asparagus, fennel mixture, and fennel fronds in a large bowl; toss with remaining vinaigrette. Spoon lentils onto a serving platter; top with asparagus mixture.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:7.2317390441895%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 49.24kcal (2.46%), Fat: 0.18g (0.27%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 122.19mg (5.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin K: 34.39µg (32.76%), Folate: 69.36µg (17.34%), Fiber: 4.17g (16.67%), Vitamin C: 10.99mg (13.32%), Manganese: 0.2mg (10.02%), Vitamin B1: 0.14mg (9.33%), Iron: 1.52mg (8.43%), Vitamin A: 354.78IU (7.1%), Phosphorus: 65.84mg (6.58%), Potassium: 216.38mg (6.18%), Copper: 0.12mg (6.02%), Magnesium: 19.24mg (4.81%), Vitamin B6: 0.09mg (4.74%), Zinc: 0.66mg (4.41%), Vitamin B2: 0.07mg (4.21%), Vitamin B5: 0.34mg (3.44%), Vitamin B3: 0.65mg (3.23%), Vitamin E: 0.46mg (3.09%), Calcium: 23.26mg (2.33%), Selenium: 1.62µg (2.32%)