



Asparagus, Pecorino and Red Onion Salad

 Gluten Free

READY IN



68 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch pencil asparagus
- ☐ 8 servings kosher salt
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 cup coarsely aged pecorino grated
- ☐ 1 small onion diced red finely
- ☐ 0.5 cup red wine vinegar

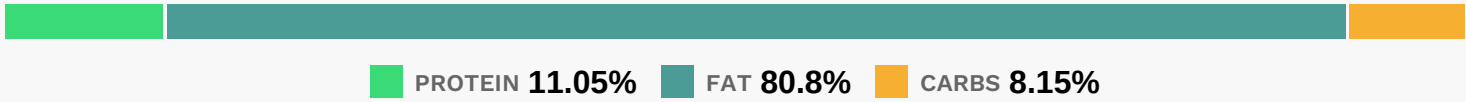
Equipment

- ☐ bowl

Directions

- ☐ Cut the asparagus, including the tips into very thin slices, crosswise and place in a medium bowl.
- ☐ Add the red onion and pecorino and toss to combine. Dress with the vinegar, olive oil and salt and toss again. This salad should be fairly heavily dressed. The vinegar will sort of "cook" or tenderize the asparagus.
- ☐ It is best to do this about an hour or so in advance to let the flavors "marry".
- ☐ Semplice!

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:7.276521678852%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg

Nutrients (% of daily need)

Calories: 191.72kcal (9.59%), Fat: 17.45g (26.84%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.73g (1.92%), Cholesterol: 13mg (4.33%), Sodium: 346.94mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin K: 32.16µg (30.63%), Vitamin E: 2.68mg (17.89%), Calcium: 150.82mg (15.08%), Phosphorus: 129.43mg (12.94%), Vitamin A: 477.4IU (9.55%), Iron: 1.48mg (8.2%), Folate: 32.74µg (8.18%), Vitamin B2: 0.13mg (7.6%), Vitamin B1: 0.09mg (6.09%), Copper: 0.12mg (5.85%), Manganese: 0.12mg (5.82%), Fiber: 1.41g (5.66%), Vitamin C: 4.24mg (5.14%), Selenium: 3.18µg (4.54%), Zinc: 0.65mg (4.36%), Potassium: 150.46mg (4.3%), Vitamin B6: 0.08mg (3.92%), Magnesium: 14.98mg (3.74%), Vitamin B3: 0.58mg (2.88%), Vitamin B12: 0.14µg (2.33%), Vitamin B5: 0.22mg (2.24%)