



Asparagus Ribbons with Lemon and Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

SIDE DISH

Ingredients

- 1 pound asparagus spears trimmed
- 0.5 teaspoon pepper black freshly ground
- 1.5 cups cherry tomatoes halved
- 0.5 teaspoon dijon mustard
- 2 teaspoons olive oil extravirgin
- 2 tablespoons chives fresh finely chopped
- 2 ounces goat cheese crumbled

- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon salt
- 0.3 teaspoon sugar

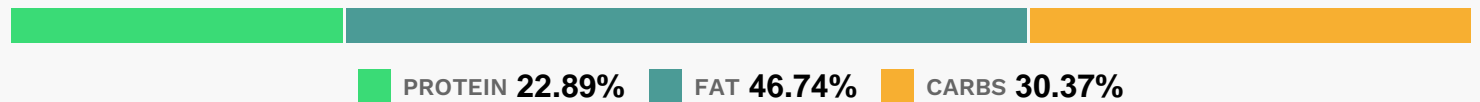
Equipment

- bowl
- whisk
- peeler

Directions

- Hold each asparagus spear by the tip end. Shave asparagus into ribbons with a vegetable peeler to measure 3 cups. Reserve asparagus tips for another use.
- Combine asparagus and tomatoes in a medium bowl.
- Combine chives and next 6 ingredients (through 1/4 teaspoon salt), stirring with a whisk.
- Drizzle over the asparagus mixture, tossing gently to coat. Top with goat cheese.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:6.3604347977949%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 45.95kcal (2.3%), Fat: 2.62g (4.03%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.06g (2.29%), Cholesterol: 3.26mg (1.09%), Sodium: 106.5mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 26.91µg (25.62%), Vitamin C: 11.43mg

(13.86%), Vitamin A: 672.25IU (13.44%), Copper: 0.18mg (9.19%), Folate: 35.55µg (8.89%), Iron: 1.58mg (8.76%), Manganese: 0.15mg (7.33%), Vitamin B2: 0.11mg (6.76%), Vitamin B1: 0.1mg (6.55%), Vitamin E: 0.96mg (6.42%), Fiber: 1.46g (5.85%), Phosphorus: 56.72mg (5.67%), Potassium: 185.52mg (5.3%), Vitamin B6: 0.09mg (4.74%), Vitamin B3: 0.75mg (3.73%), Magnesium: 12.49mg (3.12%), Calcium: 28.33mg (2.83%), Zinc: 0.42mg (2.8%), Selenium: 1.77µg (2.52%), Vitamin B5: 0.25mg (2.5%)