



Asparagus Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 pound asparagus spears fresh (9 spears)



1 tablespoon cheese blue crumbled



2 teaspoons dijon mustard



1 teaspoon garlic powder



2 teaspoons honey



2 teaspoons horseradish prepared



0.5 teaspoon olive oil



2 teaspoons paprika

- ☐ 0.5 teaspoon pepper
- ☐ 1 plum tomatoes cut into wedges
- ☐ 2 cups torn watercress
- ☐ 0.3 cup balsamic vinegar white
- ☐ 1 small baby squash yellow sliced

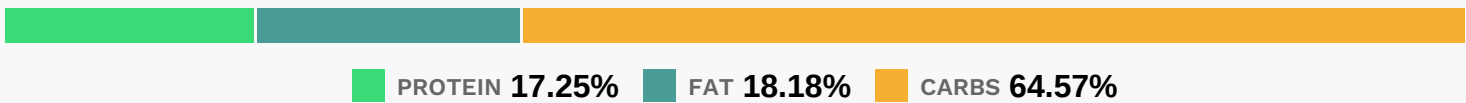
Equipment

- ☐ knife
- ☐ peeler

Directions

- ☐ Combine first 8 ingredients in a jar; cover tightly, and shake vigorously. Chill thoroughly.
- ☐ Snap off tough ends of asparagus.
- ☐ Remove scales from stalks with a knife or vegetable peeler, if desired. Arrange asparagus in a vegetable steamer over boiling water. Cover and steam 4 to 5 minutes or until crisp-tender.
- ☐ Drain; let cool to room temperature.
- ☐ Arrange asparagus, squash, and tomato on 2 watercress-lined salad plates.
- ☐ Sprinkle evenly with cheese.
- ☐ Drizzle vinegar mixture evenly over salads.

Nutrition Facts



Properties

Glycemic Index:191.14, Glycemic Load:7.54, Inflammation Score:-10, Nutrition Score:21.213043671263%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 9.43mg, Kaempferol: 9.43mg, Kaempferol: 9.43mg, Kaempferol: 9.43mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 26.23mg, Quercetin: 26.23mg,

Quercetin: 26.23mg, Quercetin: 26.23mg

Nutrients (% of daily need)

Calories: 129.27kcal (6.46%), Fat: 2.83g (4.36%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 17.69g (6.43%), Sugar: 15.56g (17.29%), Cholesterol: 2.63mg (0.88%), Sodium: 145.18mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin K: 139.65µg (133%), Vitamin A: 3336.63IU (66.73%), Vitamin C: 36.58mg (44.34%), Manganese: 0.59mg (29.29%), Folate: 90.16µg (22.54%), Iron: 3.72mg (20.65%), Potassium: 707.56mg (20.22%), Vitamin B2: 0.34mg (19.91%), Fiber: 4.93g (19.7%), Vitamin B6: 0.38mg (19.21%), Vitamin E: 2.63mg (17.52%), Vitamin B1: 0.26mg (17.14%), Copper: 0.34mg (16.83%), Phosphorus: 149.34mg (14.93%), Magnesium: 50.55mg (12.64%), Calcium: 121.41mg (12.14%), Vitamin B3: 1.96mg (9.79%), Selenium: 5.94µg (8.49%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.69mg (6.88%)