



Asparagus Salad with Caesar Vinaigrette

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon anchovy paste
- 1.3 pounds asparagus spears
- 0.3 cup garlic-flavored croutons
- 1 garlic clove minced
- 1.5 teaspoons olive oil
- 0.1 teaspoon pepper
- 4 cups gourmet salad greens
- 3 tablespoons tarragon vinegar

1 teaspoon water

Equipment

bowl

knife

whisk

peeler

Directions

Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired. Steam asparagus, covered, 4 minutes or until crisp-tender. Rinse under cold water; drain well.

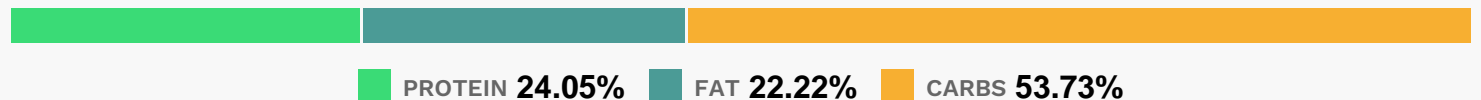
Arrange 1 cup greens on 4 plates; top each serving with 5 asparagus spears.

Combine vinegar and next 5 ingredients (vinegar through garlic) in a small bowl; stir well with a whisk.

Drizzle 1 tablespoon vinaigrette over each serving; top each with 1 tablespoon croutons.

Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:14.079565098104%

Flavonoids

Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 19.98mg, Quercetin: 19.98mg, Quercetin: 19.98mg, Quercetin: 19.98mg

Nutrients (% of daily need)

Calories: 65.68kcal (3.28%), Fat: 1.82g (2.8%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.71g (2.44%), Sugar: 2.76g (3.07%), Cholesterol: 0.64mg (0.21%), Sodium: 42.68mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin K: 60.22µg (57.35%), Vitamin A: 1527.49IU (30.55%), Vitamin C: 20.1mg (24.37%), Manganese: 0.45mg (22.64%), Folate: 88.89µg (22.22%), Iron: 3.5mg (19.42%), Copper: 0.32mg (15.99%), Vitamin B1: 0.23mg (15.59%), Vitamin B6: 0.28mg (13.87%), Vitamin B2:

0.23mg (13.7%), Fiber: 3.19g (12.75%), Vitamin E: 1.85mg (12.34%), Potassium: 397.39mg (11.35%), Phosphorus: 105.93mg (10.59%), Vitamin B3: 1.82mg (9.11%), Selenium: 5.31µg (7.58%), Magnesium: 27.31mg (6.83%), Zinc: 0.98mg (6.51%), Calcium: 58.75mg (5.88%), Vitamin B5: 0.5mg (4.99%)