



Asparagus Salad with Celery Leaves, Quail Eggs, and Tarragon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus green trimmed thin (preferably)
- ☐ 1 cup celery leaves green (from center of bunch)
- ☐ 1 teaspoon dijon mustard
- ☐ 3 teaspoons tarragon fresh coarsely chopped
- ☐ 0.3 cup grapeseed oil
- ☐ 4 servings kosher salt to taste
- ☐ 8 quail eggs

- ☐ 1 small shallots thinly sliced into rings
- ☐ 2 tablespoons citrus champagne vinegar (preferably tarragon)
- ☐ 2 teaspoons coarse mustard

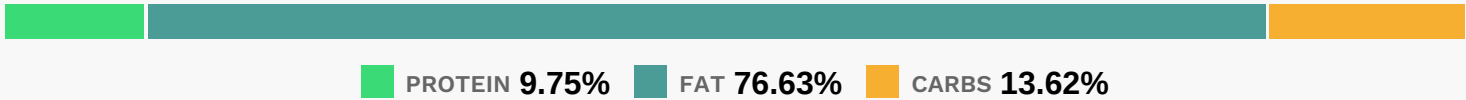
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cover eggs with cold water in a very small saucepan. Bring to a simmer and cook, covered, 5 minutes. Rinse eggs under cold running water to stop cooking, then peel and quarter.
- ☐ Cut asparagus on a very sharp diagonal into 3/4-inch-thick slices (about 2 inches long), leaving 2-inch tips. Halve tips lengthwise if thicker than rest of slices. Arrange asparagus on a steamer rack and sprinkle with kosher salt. Steam, covered, over boiling water until just tender, 2 to 3 minutes, then transfer to a bowl of ice water to stop cooking.
- ☐ Drain well and pat dry with paper towels.
- ☐ Whisk together vinegar and mustards.
- ☐ Add oil in a slow stream, whisking. Stir in shallot, 2 teaspoons tarragon, and salt and pepper to taste.
- ☐ Toss asparagus and celery leaves with half of vinaigrette and mound on 4 plates. Tuck quail eggs decoratively into salads.
- ☐ Drizzle salads and plates with remaining vinaigrette and sprinkle with remaining teaspoon tarragon.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:16.221304276715%

Flavonoids

Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg

Nutrients (% of daily need)

Calories: 232.63kcal (11.63%), Fat: 20.64g (31.76%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.54g (3.94%), Cholesterol: 151.92mg (50.64%), Sodium: 312.29mg (13.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Vitamin K: 64.66µg (61.58%), Vitamin E: 6.88mg (45.89%), Vitamin A: 1286.51IU (25.73%), Folate: 98.64µg (24.66%), Iron: 3.86mg (21.43%), Vitamin B2: 0.36mg (21.15%), Manganese: 0.4mg (20.21%), Fiber: 3.8g (15.2%), Selenium: 10.02µg (14.32%), Vitamin B1: 0.21mg (14.17%), Potassium: 481.37mg (13.75%), Copper: 0.27mg (13.28%), Phosphorus: 126.94mg (12.69%), Vitamin B6: 0.23mg (11.71%), Vitamin C: 9.49mg (11.5%), Calcium: 84.72mg (8.47%), Magnesium: 33.34mg (8.34%), Vitamin B5: 0.8mg (8.03%), Vitamin B3: 1.49mg (7.47%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.25µg (1.68%)