



Asparagus Salad with Lemon & Feta

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb asparagus spears fresh trimmed
- 1 Tbsp grey poupon dijon mustard
- 0.5 cup athenos feta cheese crumbled traditional
- 1 tsp lemon zest divided
- 3 Tbsp olive oil

Equipment

- bowl
- frying pan

paper towels

whisk

Directions

Bring about 1/2 inch water to boil in large skillet.

Add asparagus; cover. Simmer 3 to 4 min. or until asparagus is crisp-tender; drain. Rinse asparagus with cold water; drain well on paper towels.

Meanwhile, mix mustard and lemon juice in small bowl. Gradually add oil, whisking constantly until well blended and thickened.

Place asparagus on plate; top with mustard sauce, cheese and lemon zest.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:4.3156521942305%

Flavonoids

Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 47.75kcal (2.39%), Fat: 3.96g (6.1%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.87g (0.97%), Cholesterol: 4.45mg (1.48%), Sodium: 68.97mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin K: 20.66µg (19.68%), Vitamin A: 364.79IU (7.3%), Folate: 25.27µg (6.32%), Vitamin B2: 0.11mg (6.29%), Vitamin E: 0.93mg (6.19%), Iron: 1.04mg (5.75%), Vitamin B1: 0.07mg (4.97%), Copper: 0.09mg (4.41%), Phosphorus: 41.53mg (4.15%), Fiber: 1.01g (4.04%), Manganese: 0.08mg (3.86%), Calcium: 36.37mg (3.64%), Vitamin C: 2.72mg (3.29%), Vitamin B6: 0.06mg (3.17%), Selenium: 2.13µg (3.05%), Potassium: 96.47mg (2.76%), Zinc: 0.4mg (2.64%), Vitamin B3: 0.5mg (2.5%), Magnesium: 7.8mg (1.95%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.08µg (1.41%)