



Asparagus Salad with Piquillo Peppers and Capers (Ensalada de Espárragos con Alcaparras)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

SIDE DISH

Ingredients



1 pound asparagus spears cooled steamed



0.1 teaspoon pepper black freshly ground



1.5 teaspoons capers



0.3 teaspoon dijon mustard



1 tablespoon olive oil extravirgin



2 tablespoons parsley fresh divided chopped

- ☐ 1 garlic clove minced
- ☐ 1 large hard-cooked egg
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons roasted piquillo peppers chopped
- ☐ 2 tablespoons plum tomatoes peeled seeded chopped
- ☐ 1 tablespoon shallots chopped
- ☐ 1 tablespoon citrus champagne vinegar

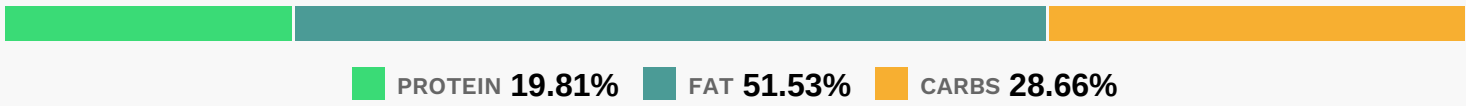
Equipment

- ☐ bowl
- ☐ mortar and pestle

Directions

- ☐ Place 1 tablespoon parsley, shallots, salt, and garlic in a mortar or small bowl; grind with a pestle until mixture forms a smooth paste. Stir in piquillo peppers and tomato.
- ☐ Add vinegar, oil, mustard, and black pepper; stir well to combine.
- ☐ Place asparagus in a shallow dish, and drizzle with pepper mixture. Gently toss asparagus and pepper mixture, using a serving fork and spoon.
- ☐ Place asparagus on a serving platter.
- ☐ Cut egg in half lengthwise; remove and reserve the yolk for another use. Chop egg white.
- ☐ Sprinkle egg white, capers, and remaining tablespoon of parsley evenly over asparagus.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:8.4478261885436%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Nutrients (% of daily need)

Calories: 54.65kcal (2.73%), Fat: 3.35g (5.15%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.92g (2.13%), Cholesterol: 31.08mg (10.36%), Sodium: 236.86mg (10.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin K: 55.35µg (52.72%), Vitamin A: 818.7IU (16.37%), Vitamin C: 9.96mg (12.08%), Folate: 46.46µg (11.62%), Iron: 1.97mg (10.95%), Vitamin B2: 0.15mg (9.02%), Vitamin E: 1.32mg (8.8%), Vitamin B1: 0.12mg (7.94%), Copper: 0.15mg (7.74%), Manganese: 0.15mg (7.54%), Fiber: 1.79g (7.16%), Selenium: 4.48µg (6.4%), Phosphorus: 57.91mg (5.79%), Potassium: 191.95mg (5.48%), Vitamin B6: 0.1mg (4.82%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.54mg (3.57%), Vitamin B5: 0.34mg (3.43%), Magnesium: 13.54mg (3.39%), Calcium: 26.97mg (2.7%), Vitamin B12: 0.09µg (1.54%), Vitamin D: 0.18µg (1.22%)