



Asparagus Salad with Poached Eggs and Tapenade Toasts



Vegetarian



Dairy Free

READY IN



34 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds asparagus spears trimmed
- ☐ 0.5 ounce baguette whole-wheat
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon capers chopped
- ☐ 6 large eggs
- ☐ 0.5 teaspoon ground fennel seeds
- ☐ 1 garlic clove minced

- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 2.5 tablespoons olive oil divided
- ☐ 3 tablespoons orange juice fresh divided
- ☐ 0.5 teaspoon orange rind grated
- ☐ 4 teaspoons citrus champagne vinegar divided

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ broiler
- ☐ slotted spoon

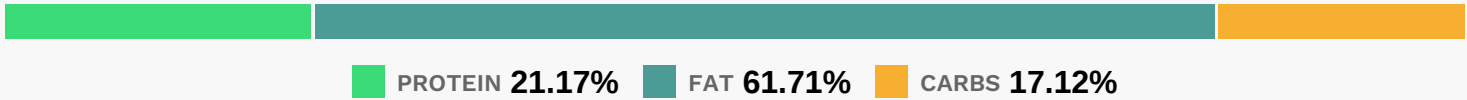
Directions

- ☐ Preheat broiler to high.
- ☐ Bring a large saucepan of water to a boil.
- ☐ Add asparagus; cook 3 minutes or until crisp-tender.
- ☐ Drain; keep warm.
- ☐ Combine rind, 2 tablespoons orange juice, 2 tablespoons oil, and 2 teaspoons vinegar in a bowl, stirring well with a whisk.
- ☐ Place remaining 1 tablespoon orange juice, remaining 1 1/2 teaspoons oil, capers, fennel seeds, olives, and garlic in a food processor; process until finely chopped.
- ☐ Place baguette slices on a baking sheet. Broil 2 minutes or until golden, turning after 1 minute.
- ☐ Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Stir in remaining 2 teaspoons vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a

slotted spoon.

- ☐
- Spread tapenade evenly onto toasts; place 2 toasts on each of 6 plates.
- ☐
- Drizzle asparagus with dressing, tossing gently to coat. Divide asparagus evenly among plates.
Top asparagus with 1 poached egg; sprinkle eggs evenly with pepper and salt.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:16.073043512261%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.18mg, Quercetin: 18.18mg, Quercetin: 18.18mg, Quercetin: 18.18mg

Nutrients (% of daily need)

Calories: 169.2kcal (8.46%), Fat: 12g (18.45%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 4.64g (1.69%), Sugar: 3.19g (3.55%), Cholesterol: 186mg (62%), Sodium: 290.96mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Vitamin K: 51.49µg (49.04%), Manganese: 0.87mg (43.43%), Selenium: 18.53µg (26.48%), Vitamin B2: 0.4mg (23.63%), Vitamin A: 1177.03IU (23.54%), Folate: 88.16µg (22.04%), Iron: 3.56mg (19.76%), Vitamin E: 2.96mg (19.71%), Phosphorus: 164.1mg (16.41%), Copper: 0.28mg (13.79%), Vitamin B1: 0.21mg (13.78%), Vitamin C: 11.09mg (13.44%), Fiber: 2.85g (11.41%), Vitamin B5: 1.11mg (11.09%), Vitamin B6: 0.2mg (10.17%), Potassium: 329.33mg (9.41%), Zinc: 1.3mg (8.68%), Vitamin B12: 0.44µg (7.42%), Calcium: 66.89mg (6.69%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.33mg (6.65%), Magnesium: 25.77mg (6.44%)