



HEALTH SCORE

58%

Asparagus Summer Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds asparagus thick cut into 2-in. pieces on the diagonal
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 cup pinenuts toasted

- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt

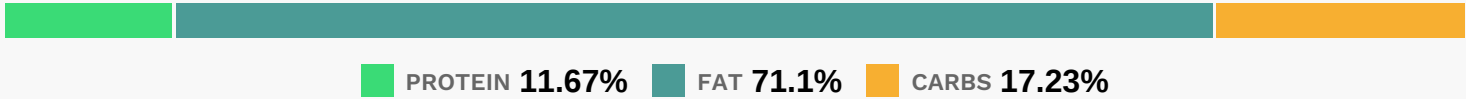
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Drop asparagus into a large pot of boiling water and cook until bright green and slightly softened, 1 to 2 minutes.
- ☐ Drain asparagus and rinse with very cold water until cool.
- ☐ In a large bowl, whisk together lemon juice, mustard, oil, and herbs.
- ☐ Add asparagus, onion, pine nuts, feta, salt, and pepper, and stir to combine.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:21.789565007324%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.95mg, Isorhamnetin: 9.95mg, Isorhamnetin: 9.95mg, Isorhamnetin: 9.95mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 26.57mg, Quercetin: 26.57mg, Quercetin: 26.57mg, Quercetin: 26.57mg

Nutrients (% of daily need)

Calories: 254.28kcal (12.71%), Fat: 21.63g (33.28%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 7.25g (2.64%), Sugar: 4.78g (5.31%), Cholesterol: 11.13mg (3.71%), Sodium: 395.98mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Manganese: 1.82mg (90.84%), Vitamin K:

81.04µg (77.18%), Vitamin E: 4.35mg (29.02%), Copper: 0.53mg (26.68%), Vitamin A: 1258.74IU (25.17%), Iron: 4.48mg (24.88%), Folate: 95.49µg (23.87%), Phosphorus: 232.14mg (23.21%), Vitamin B2: 0.37mg (21.72%), Vitamin B1: 0.32mg (21.35%), Fiber: 4.54g (18.16%), Magnesium: 72.2mg (18.05%), Zinc: 2.36mg (15.7%), Vitamin C: 12.71mg (15.41%), Potassium: 470.77mg (13.45%), Vitamin B6: 0.25mg (12.31%), Vitamin B3: 2.42mg (12.09%), Calcium: 112.89mg (11.29%), Selenium: 7.32µg (10.46%), Vitamin B5: 0.65mg (6.47%), Vitamin B12: 0.21µg (3.52%)