



Asparagus, Tomato & Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

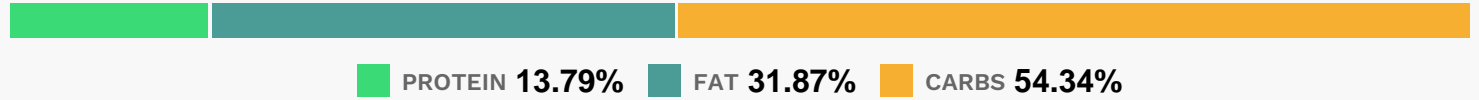
- 1 lb asparagus spears fresh
- 0.3 cup basil fresh thinly sliced
- 0.3 cup goat cheese crumbled
- 1 cup grape tomatoes halved
- 2 Tbsp pinenuts toasted
- 0.5 cup seasons dressing mix italian good prepared
- 1 small onion red thinly sliced

Equipment

Directions

- Arrange first 3 ingredients on platter.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:3.8147825922655%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 51.75kcal (2.59%), Fat: 1.78g (2.73%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.88g (2.14%), Sugar: 1.22g (1.36%), Cholesterol: 1.74mg (0.58%), Sodium: 606.83mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin K: 15.84µg (15.09%), Manganese: 0.19mg (9.71%), Vitamin A: 372.07IU (7.44%), Copper: 0.11mg (5.64%), Folate: 19.79µg (4.95%), Iron: 0.85mg (4.71%), Vitamin C: 3.68mg (4.46%), Vitamin B1: 0.06mg (3.86%), Phosphorus: 37.81mg (3.78%), Vitamin B2: 0.06mg (3.78%), Fiber: 0.93g (3.74%), Vitamin E: 0.53mg (3.54%), Potassium: 105.46mg (3.01%), Vitamin B6: 0.06mg (2.78%), Magnesium: 10.27mg (2.57%), Vitamin B3: 0.44mg (2.21%), Zinc: 0.32mg (2.11%), Calcium: 16.16mg (1.62%), Vitamin B5: 0.13mg (1.31%), Selenium: 0.85µg (1.21%)