



## Asparagus, Tomato & Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

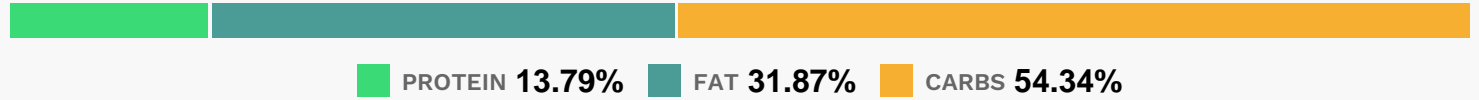
- 1 lb asparagus spears fresh
- 0.3 cup basil fresh thinly sliced
- 0.3 cup goat cheese crumbled
- 1 cup grape tomatoes halved
- 2 Tbsp pinenuts toasted
- 0.5 cup seasons dressing mix italian good prepared
- 1 small onion red thinly sliced

### Equipment

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:14.305217289406%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg

## Nutrients (% of daily need)

Calories: 194.05kcal (9.7%), Fat: 6.66g (10.24%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 22.04g (8.01%), Sugar: 4.59g (5.1%), Cholesterol: 6.53mg (2.18%), Sodium: 2275.61mg (98.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.97%), Vitamin K: 59.4µg (56.57%), Manganese: 0.73mg (36.43%), Vitamin A: 1395.26IU (27.91%), Copper: 0.42mg (21.13%), Folate: 74.2µg (18.55%), Iron: 3.18mg (17.66%), Vitamin C: 13.8mg (16.73%), Vitamin B1: 0.22mg (14.48%), Phosphorus: 141.79mg (14.18%), Vitamin B2: 0.24mg (14.16%), Fiber: 3.5g (14.02%), Vitamin E: 1.99mg (13.28%), Potassium: 395.46mg (11.3%), Vitamin B6: 0.21mg (10.42%), Magnesium: 38.5mg (9.63%), Vitamin B3: 1.66mg (8.28%), Zinc: 1.19mg (7.92%), Calcium: 60.58mg (6.06%), Vitamin B5: 0.49mg (4.93%), Selenium: 3.18µg (4.55%)