



## Asparagus Tomato Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



27 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

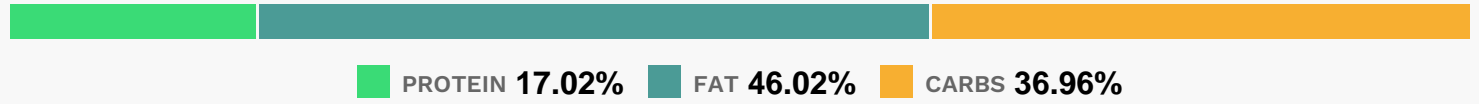
- 0.8 lb asparagus spears fresh cooked trimmed ( 18)
- 2 Tbsp parsley fresh chopped
- 2 green onions sliced
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 tsp lemon zest
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 large tomatoes thinly sliced

### Equipment

## Directions

- Mix dressing, onions, lemon zest and juice until blended.
- Arrange tomatoes and asparagus on platter; drizzle with dressing mixture.
- Top with cheese and parsley.

## Nutrition Facts



## Properties

Glycemic Index:8.93, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:3.7343478167187%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 26.94kcal (1.35%), Fat: 1.48g (2.28%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.7g (1.89%), Cholesterol: 1.19mg (0.4%), Sodium: 65.63mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin K: 25.93µg (24.69%), Vitamin A: 443.16IU (8.86%), Vitamin C: 5.76mg (6.98%), Folate: 17.41µg (4.35%), Iron: 0.62mg (3.47%), Vitamin E: 0.52mg (3.45%), Manganese: 0.07mg (3.43%), Fiber: 0.84g (3.36%), Potassium: 116.72mg (3.33%), Copper: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.95%), Phosphorus: 27.95mg (2.79%), Vitamin B2: 0.04mg (2.6%), Calcium: 25.18mg (2.52%), Vitamin B6: 0.05mg (2.32%), Vitamin B3: 0.39mg (1.95%), Magnesium: 7.13mg (1.78%), Zinc: 0.23mg (1.54%), Selenium: 0.91µg (1.29%)