



## Asparagus & Tomatoes Italian

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



79 kcal

SIDE DISH

### Ingredients

- 2 lb asparagus spears cooled cooked trimmed
- 4 plum tomatoes cut into wedges
- 0.5 cup vinaigrette dressing italian kraft

### Equipment

- bowl

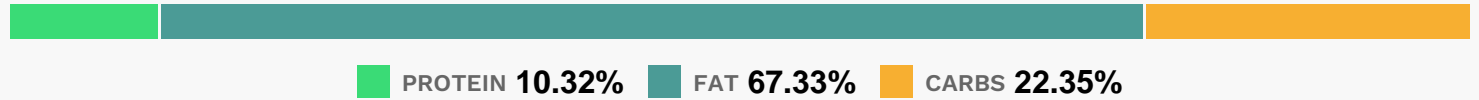
### Directions

Combine asparagus and tomatoes in medium bowl.

Add dressing; toss to coat.

Refrigerate at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:8.4895652377087%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.83mg, Quercetin: 12.83mg, Quercetin: 12.83mg, Quercetin: 12.83mg

## Nutrients (% of daily need)

Calories: 78.73kcal (3.94%), Fat: 6.42g (9.88%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 2.59g (0.94%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 3.18mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin K: 52.05µg (49.57%), Vitamin A: 892.42IU (17.85%), Folate: 50.89µg (12.72%), Vitamin E: 1.74mg (11.57%), Iron: 2.01mg (11.16%), Vitamin C: 8.48mg (10.28%), Copper: 0.19mg (9.3%), Vitamin B1: 0.14mg (9.26%), Fiber: 2.2g (8.81%), Manganese: 0.17mg (8.58%), Vitamin B2: 0.13mg (7.8%), Potassium: 243.03mg (6.94%), Phosphorus: 53.13mg (5.31%), Vitamin B3: 1.03mg (5.17%), Vitamin B6: 0.1mg (5.12%), Magnesium: 15.43mg (3.86%), Zinc: 0.53mg (3.55%), Selenium: 2.29µg (3.27%), Vitamin B5: 0.27mg (2.71%), Calcium: 24.25mg (2.43%)