



Asparagus Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



21 kcal

SIDE DISH

Ingredients



1 pound asparagus spears cooked



1 tablespoon balsamic vinegar



1 teaspoon honey

Equipment

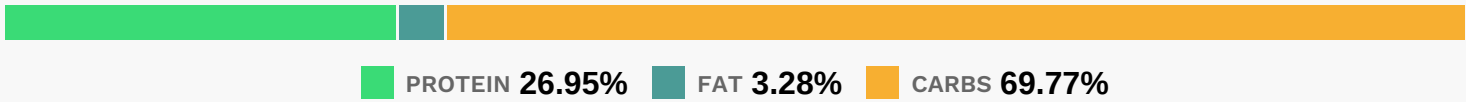
Directions



Add the honey and the balsamic vinegar to the Basic Vinaigrette.

☐ Drizzle over the asparagus spears.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:5.7386956785036%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 21.01kcal (1.05%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.76g (1%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 2.17mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 31.45µg (29.95%), Vitamin A: 571.53IU (11.43%), Folate: 39.33µg (9.83%), Iron: 1.64mg (9.12%), Vitamin B1: 0.11mg (7.21%), Copper: 0.14mg (7.2%), Fiber: 1.59g (6.36%), Vitamin B2: 0.11mg (6.3%), Manganese: 0.12mg (6.19%), Vitamin E: 0.85mg (5.7%), Vitamin C: 4.24mg (5.14%), Potassium: 156.3mg (4.47%), Phosphorus: 39.86mg (3.99%), Vitamin B3: 0.74mg (3.7%), Vitamin B6: 0.07mg (3.45%), Zinc: 0.41mg (2.75%), Magnesium: 10.93mg (2.73%), Selenium: 1.75µg (2.5%), Vitamin B5: 0.21mg (2.08%), Calcium: 18.93mg (1.89%)