



Asparagus Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh trimmed
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons dill pickle relish
- ☐ 3 eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper black

- ☐ 8 cups baby greens mixed
- ☐ 1 cup olive oil
- ☐ 4 radishes sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes quartered
- ☐ 0.5 cup citrus champagne vinegar

Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Place the eggs into a saucepan and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold and cut into slices; set aside.
- ☐ Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- ☐ Add the asparagus, recover, and steam until just tender, 2 to 6 minutes depending on thickness.
- ☐ While the asparagus is steaming, whisk together the vinegar, mustard, salt, pepper, green bell pepper, relish, parsley, and chives in a large mixing bowl. Slowly pour in the olive oil while whisking quickly to create a dressing. Toss the hot, steamed asparagus in the dressing, then place into the refrigerator for at least an hour.
- ☐ To serve, divide the baby greens onto individual plates. Divide the asparagus spears among the salads, then garnish with radish slices, egg slices, and quartered tomatoes.

Nutrition Facts



 **PROTEIN 18.13%**  **FAT 53.31%**  **CARBS 28.56%**

Properties

Glycemic Index:31.63, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:14.586956542471%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 6.49mg, Isorhamnetin: 6.49mg, Isorhamnetin: 6.49mg, Isorhamnetin: 6.49mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg

Nutrients (% of daily need)

Calories: 116.29kcal (5.81%), Fat: 7.28g (11.2%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.18g (3.53%), Cholesterol: 61.38mg (20.46%), Sodium: 260.62mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin K: 62.34µg (59.37%), Vitamin A: 1743.2IU (34.86%), Vitamin C: 24.9mg (30.18%), Folate: 88.4µg (22.1%), Iron: 3.3mg (18.34%), Vitamin E: 2.42mg (16.17%), Vitamin B2: 0.27mg (15.72%), Manganese: 0.3mg (15.21%), Copper: 0.28mg (13.87%), Vitamin B1: 0.2mg (13.36%), Phosphorus: 121.3mg (12.13%), Fiber: 3.03g (12.13%), Potassium: 422.79mg (12.08%), Selenium: 8.28µg (11.82%), Vitamin B6: 0.2mg (10.12%), Vitamin B3: 1.6mg (7.98%), Magnesium: 29.03mg (7.26%), Zinc: 1.01mg (6.7%), Vitamin B5: 0.65mg (6.55%), Calcium: 48.98mg (4.9%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%)