



Asparagus Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

Ingredients

- 1.3 lb asparagus fresh
- 1 cup olive oil
- 0.3 cup vinegar white
- 2 teaspoons oregano dried fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 0.5 teaspoon ground mustard
- 2 cloves garlic crushed

- 1 serving the of 1 cos lettuce
- 1 slices tomatoes
- 1 serving radishes

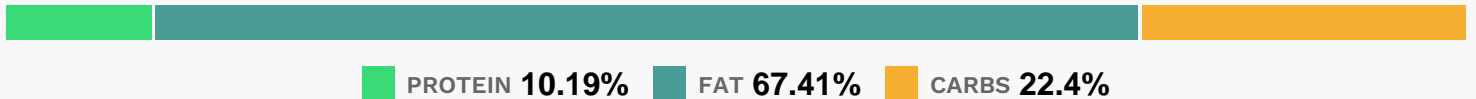
Equipment

- microwave

Directions

- Place asparagus in 8-inch square (2-quart) microwavable dish; add 1/4 cup water. Cover; microwave on High 6 to 9 minutes or until crisp-tender; drain.
- In tightly covered container, shake oil, vinegar, oregano, salt, pepper, mustard and garlic until well blended.
- Pour vinaigrette over hot asparagus, turning asparagus until well coated. Cover and refrigerate 2 to 3 hours or until chilled.
- Just before serving, remove asparagus from vinaigrette; reserve vinaigrette. Arrange asparagus, romaine and tomato in separate sections on serving platter.
- Drizzle vinaigrette over vegetables.
- Garnish with radish roses.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:8.4269564566405%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 70.79kcal (3.54%), Fat: 5.61g (8.62%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 2.05g (0.74%), Sugar: 1.72g (1.92%), Cholesterol: 0mg (0%), Sodium: 151.22mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin K: 47.32µg (45.07%), Vitamin A: 1499.16IU (29.98%), Folate: 55.05µg (13.76%), Vitamin E: 1.71mg (11.4%), Iron: 1.91mg (10.6%), Manganese: 0.2mg (10%), Fiber: 2.14g (8.57%), Copper: 0.15mg (7.66%), Vitamin B1: 0.11mg (7.64%), Vitamin C: 6.18mg (7.5%), Vitamin B2: 0.11mg (6.74%), Potassium: 206.49mg (5.9%), Vitamin B6: 0.1mg (4.78%), Phosphorus: 45.85mg (4.58%), Vitamin B3: 0.8mg (4%), Magnesium: 14.83mg (3.71%), Calcium: 33.68mg (3.37%), Zinc: 0.47mg (3.11%), Selenium: 2.16µg (3.09%), Vitamin B5: 0.24mg (2.36%)