



Asparagus Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



200 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- 1.3 lb asparagus fresh
- 2 cloves garlic crushed
- 0.5 teaspoon ground mustard
- 1 cup olive oil
- 0.5 teaspoon pepper
- 8 servings radishes
- 8 servings the of 1 cos lettuce
- 0.5 teaspoon salt

- 1 slices tomatoes
- 0.3 cup vinegar white

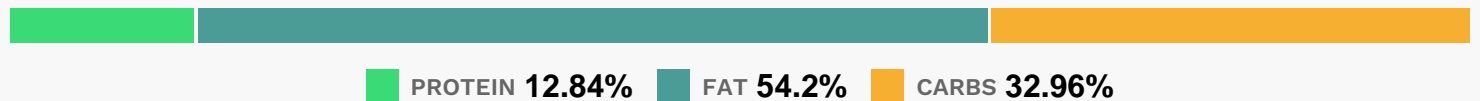
Equipment

- 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:26.75, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:18.175652234451%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg 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: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.81mg, Quercetin: 11.81mg, Quercetin: 11.81mg, Quercetin: 11.81mg

Nutrients (% of daily need)

Calories: 90.23kcal (4.51%), Fat: 5.86g (9.01%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 3.71g (1.35%), Sugar: 3.53g (3.93%), Cholesterol: 0mg (0%), Sodium: 176.84mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin A: 7972.27IU (159.45%), Vitamin K: 121.1µg (115.34%), Folate: 167.71µg (41.93%), Vitamin C: 16.66mg (20.19%), Fiber: 4.3g (17.22%), Manganese: 0.33mg (16.27%), Iron: 2.62mg (14.55%), Potassium: 502.14mg (14.35%), Vitamin B1: 0.17mg (11.56%), Vitamin E: 1.72mg (11.44%), Vitamin B2: 0.18mg (10.68%), Copper: 0.21mg (10.56%), Vitamin B6: 0.18mg (9.07%), Phosphorus: 77.57mg (7.76%), Magnesium: 28.97mg (7.24%), Calcium: 62.92mg (6.29%), Vitamin B3: 1.14mg (5.7%), Zinc: 0.77mg (5.1%), Vitamin B5: 0.42mg (4.21%), Selenium: 2.74µg (3.92%)