



## Asparagus Vinaigrette Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.3 pounds asparagus fresh cut into 2-inch pieces
- 1 teaspoon dijon mustard
- 0.5 teaspoon basil dried
- 0.3 teaspoon thyme dried
- 0.3 cup spring onion sliced
- 0.5 cup olive oil
- 0.3 teaspoon pepper
- 4 ounces pimientos diced drained

- 0.5 teaspoon salt
- 0.3 cup citrus champagne vinegar
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- sauce pan
- whisk
- slotted spoon

## Directions

- In a saucepan, cook the asparagus in a small amount of water for 5 minutes or until crisp-tender. Rinse with cold water; drain well.
- Place in a bowl; add pimientos and onions. In a small bowl, whisk oil, vinegar, mustard, Worcestershire sauce, basil, salt, pepper and thyme; pour over asparagus mixture and toss to coat. Cover and refrigerate for at least 2 hours.
- Serve with a slotted spoon.

## Nutrition Facts

 PROTEIN **14.95%**  FAT **51.42%**  CARBS **33.63%**

## Properties

Glycemic Index:28.83, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:10.709130434783%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg

## Nutrients (% of daily need)

Calories: 61.48kcal (3.07%), Fat: 3.83g (5.89%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 2.97g (1.08%), Sugar: 2.65g (2.94%), Cholesterol: 0mg (0%), Sodium: 222.92mg (9.69%), Protein:

2.51g (5.01%), Vitamin K: 57.21µg (54.48%), Vitamin C: 26.2mg (31.75%), Vitamin A: 1275.62IU (25.51%), Iron: 2.76mg (15.34%), Folate: 54.54µg (13.64%), Vitamin E: 1.79mg (11.95%), Fiber: 2.67g (10.67%), Manganese: 0.21mg (10.31%), Copper: 0.2mg (10.08%), Vitamin B1: 0.14mg (9.65%), Vitamin B2: 0.15mg (9.1%), Potassium: 259.54mg (7.42%), Vitamin B6: 0.14mg (7.06%), Phosphorus: 57.9mg (5.79%), Vitamin B3: 1.11mg (5.57%), Magnesium: 17.42mg (4.36%), Zinc: 0.6mg (3.97%), Selenium: 2.54µg (3.63%), Calcium: 33.37mg (3.34%), Vitamin B5: 0.27mg (2.69%)