



Asparagus with Ginger Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



52 kcal

SIDE DISH

Ingredients

- 5 cups asparagus chilled steamed (1-inch) (2 pounds)
- 0.3 teaspoon pepper black
- 0.3 teaspoon rosemary dried crushed
- 2 teaspoons ginger fresh grated peeled
- 0.5 teaspoon honey
- 0.5 teaspoon soy sauce low-sodium
- 1.5 tablespoons rice vinegar
- 0.5 teaspoon sea salt

- 2 teaspoons sesame seed toasted
- 1 teaspoon shallots minced
- 2 teaspoons vegetable oil

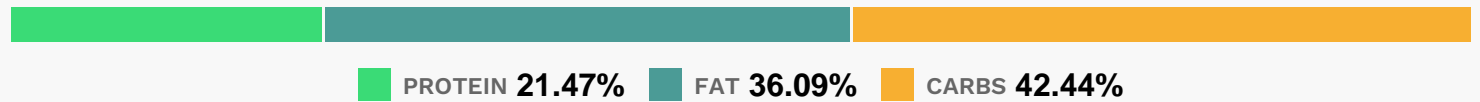
Equipment

- whisk

Directions

- Combine first 10 ingredients, stirring with a whisk.
- Combine vinegar mixture and asparagus; toss well.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:10.783478394799%

Flavonoids

Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Quercetin: 18.73mg, Quercetin: 18.73mg, Quercetin: 18.73mg, Quercetin: 18.73mg

Nutrients (% of daily need)

Calories: 51.77kcal (2.59%), Fat: 2.37g (3.65%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.3g (1.2%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 253.61mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin K: 59.22µg (56.4%), Vitamin A: 1013.83IU (20.28%), Folate: 70.95µg (17.74%), Iron: 3.02mg (16.77%), Copper: 0.29mg (14.52%), Vitamin B1: 0.2mg (13.25%), Manganese: 0.25mg (12.66%), Fiber: 2.97g (11.88%), Vitamin B2: 0.19mg (11.35%), Vitamin E: 1.67mg (11.13%), Vitamin C: 7.58mg (9.19%), Potassium: 282.72mg (8.08%), Phosphorus: 76.44mg (7.64%), Vitamin B3: 1.36mg (6.81%), Vitamin B6: 0.13mg (6.61%), Magnesium: 22.59mg (5.65%), Zinc: 0.8mg (5.32%), Selenium: 3.41µg (4.86%), Calcium: 41.37mg (4.14%), Vitamin B5: 0.37mg (3.74%)