



Asparagus with Goat Cheese and Arugula Sauce



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound arugula washed and dried
- ☐ 1.5 pound asparagus trimmed peeled
- ☐ 0.5 clove garlic minced peeled
- ☐ 3 ounce goat cheese soft
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 radishes thinly sliced
- ☐ 4 servings sea salt to taste

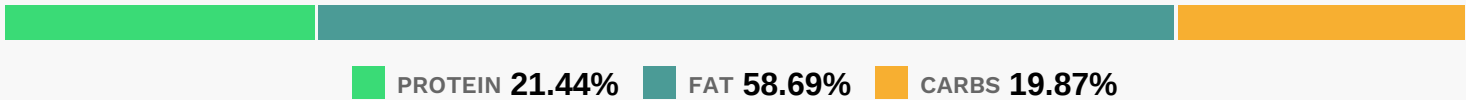
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Prepare an ice bath. Set aside.Steam asparagus in a steamer set over boiling water, covered, until crisp-tender, 3 to 5 minutes.
- ☐ Transfer immediately to the ice bath to stop cooking, then drain and pat dry.
- ☐ Transfer to a large serving plate and top with goat cheese rounds. Set aside a few arugula leaves as garnish. Roughly chop remaining arugula. In a blender, combine chopped arugula, oil, garlic and pinch salt; blend until smooth.
- ☐ Drizzle a little sauce over asparagus and cheese, put the rest in a small bowl to pass at the table.
- ☐ Garnish the plate of asparagus with with a few radish slices and reserved arugula as garnish.
- ☐ Serve with the sauce on the side.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:18.672608717628%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 10.91mg, Isorhamnetin: 10.91mg, Isorhamnetin: 10.91mg, Isorhamnetin: 10.91mg Kaempferol: 12.27mg, Kaempferol: 12.27mg, Kaempferol: 12.27mg, Kaempferol: 12.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 26.03mg, Quercetin: 26.03mg, Quercetin: 26.03mg, Quercetin: 26.03mg

Nutrients (% of daily need)

Calories: 145.85kcal (7.29%), Fat: 10.28g (15.81%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 3.76g (1.37%), Sugar: 4.01g (4.45%), Cholesterol: 9.78mg (3.26%), Sodium: 284.04mg (12.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Vitamin K: 105.33µg (100.31%), Vitamin A: 2178.48IU (43.57%), Folate: 119.01µg (29.75%), Copper: 0.5mg (25.05%), Iron: 4.5mg (25.02%), Vitamin B2: 0.35mg (20.37%), Manganese: 0.39mg (19.46%), Vitamin E: 2.86mg (19.07%), Vitamin B1: 0.27mg (18.11%), Vitamin C: 14.19mg (17.2%), Fiber: 4.07g (16.26%), Phosphorus: 158.6mg (15.86%), Potassium: 459.99mg (13.14%), Vitamin B6: 0.23mg (11.74%), Calcium: 117.3mg (11.73%), Magnesium: 40.84mg (10.21%), Vitamin B3: 1.85mg (9.25%), Zinc: 1.26mg (8.39%), Vitamin B5: 0.74mg (7.4%), Selenium: 4.66µg (6.65%)