



HEALTH SCORE

72%

Asparagus With Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds asparagus fresh
- ☐ 2 large navel oranges
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon orange rind grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 2 shallots chopped
- ☐ 0.3 cup balsamic vinegar white

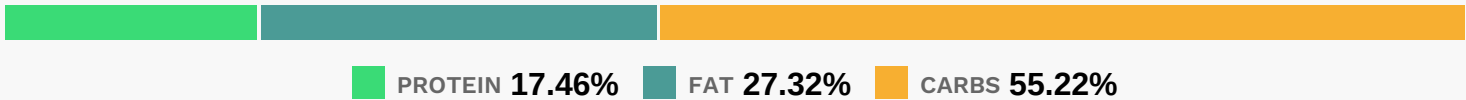
Equipment

- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Snap off tough ends of asparagus; arrange asparagus in a steamer basket over boiling water. Cover and steam 3 to 5 minutes or until crisp-tender.
- ☐ Plunge asparagus into ice water to stop the cooking process; drain.
- ☐ Combine shallots, vinegar, and next 4 ingredients; gradually whisk in 1/2 cup olive oil, blending well.
- ☐ Drizzle over asparagus.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:15.426086840422%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Quercetin: 23.85mg, Quercetin: 23.85mg, Quercetin: 23.85mg, Quercetin: 23.85mg

Nutrients (% of daily need)

Calories: 86.87kcal (4.34%), Fat: 2.96g (4.56%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 8.9g (3.24%), Sugar: 7.86g (8.73%), Cholesterol: 0mg (0%), Sodium: 42.74mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin K: 72.49µg (69.04%), Vitamin C: 31.05mg (37.64%), Vitamin A: 1373.86IU (27.48%), Folate: 102.56µg (25.64%), Iron: 3.84mg (21.32%), Fiber: 4.58g (18.31%), Vitamin B1: 0.27mg (18.07%), Copper: 0.34mg (17.17%), Vitamin E: 2.37mg (15.78%), Manganese: 0.31mg (15.58%), Vitamin B2: 0.26mg (15.25%), Potassium: 432.48mg (12.36%), Vitamin B6: 0.2mg (10.23%), Phosphorus: 101.87mg (10.19%), Vitamin B3: 1.83mg (9.14%), Magnesium: 30.04mg (7.51%), Zinc: 0.98mg (6.53%), Calcium: 60.93mg (6.09%),

Vitamin B5: 0.58mg (5.77%), Selenium: 3.99µg (5.7%)