

SIDE DISH

Asparagus with Parmigiano-Reggiano Vinaigrette

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	10 min	5 min	2	\$2.60	293 kcal



Asparagus with Parmigiano-Reggiano Vinaigrette is a side dish that serves 2. For \$2.6 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals. Watching your figure? This gluten free and primal recipe has 293 calories, 10g of protein, and 25g of fat per serving.

Ingredients

☐ 1 bunch asparagus, stems snapped where they naturally want to break☐ 2 servings Kosher salt☐ 2 tablespoons grated Parmigiano-Reggiano☐ 1 hard boiled egg, white and yellow separated and crumbled☐ 3 tablespoons extra-virgin olive oil☐ 3 tablespoons red wine vinegar

EQUIPMENT Bowl, Pot

Method

- 1 Watch how to make this recipe.
- 2 Bring a large pot of well salted water to a boil. Set up a bowl of well salted ice water.
- 3 Place the trimmed asparagus in the boiling water and let the water come back to a rolling boil.
- 4 Remove asparagus from the boiling water and plunge immediately into the ice water.
- 5 Remove from the ice water, pat dry, and reserve.
- 6 In a small bowl combine the olive oil, red wine vinegar, and Parmigiano-Reggiano. Season with salt. Toss the asparagus in the vinaigrette. Arrange on a serving plate and sprinkle with the crumbled egg white and yellow.
- 7 Call your self a superstar!
- 8 April - Why We Love: Asparagus

Nutrition per serving

293	10 g	25 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.6 g · 29% of daily needs
Fibre			4.7 g · 19% of daily needs
Sugar			4.6 g · 5% of daily needs
Sodium			312 mg · 14% of daily needs
Cholesterol			96.7 mg · 32% of daily needs
Vitamin C			12.7 mg · 15% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/asparagus-with-parmigiano-reggiano-vinaigrette-144622