



## Asparagus with Red-Onion-and-Orange Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup apple juice unsweetened
- ☐ 2 pounds asparagus fresh
- ☐ 1 tablespoon carrots minced
- ☐ 1 small celery heart with leaves, minced ( 1/4 cup)
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon orange rind grated

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup onion red minced
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 teaspoon salt

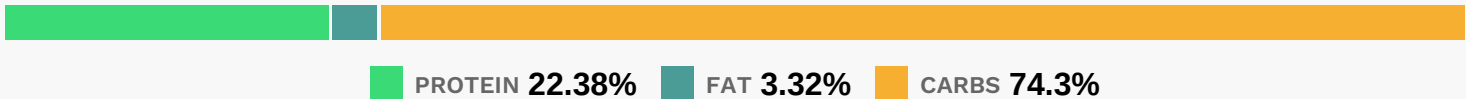
## Equipment

- ☐ grill
- ☐ peeler

## Directions

- ☐ Snap off tough ends of asparagus; remove scales from stalks with a vegetable peeler, if desired.
- ☐ Sprinkle with salt and pepper.
- ☐ Grill asparagus, without grill lid, over high heat (400 to 500 degrees F)
- ☐ to 4 minutes on each side.
- ☐ Stir together celery and remaining ingredients; spoon over asparagus.
- ☐ \*If asparagus spears are larger than 1/2 inch in diameter, cook in boiling water 1 minute; drain. Plunge into ice water to stop the cooking process; drain and pat dry. Grill as directed.

## Nutrition Facts



## Properties

Glycemic Index:40.98, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:9.3600000298542%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.71mg, Isorhamnetin: 6.71mg, Isorhamnetin: 6.71mg, Isorhamnetin: 6.71mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg

Nutrients (% of daily need)

Calories: 40.46kcal (2.02%), Fat: 0.17g (0.27%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 6.09g (2.21%), Sugar: 5.63g (6.25%), Cholesterol: 0mg (0%), Sodium: 151.55mg (6.59%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin K: 48.27µg (45.97%), Vitamin A: 1182.01IU (23.64%), Folate: 61.28µg (15.32%), Iron: 2.49mg (13.85%), Vitamin B1: 0.17mg (11.26%), Copper: 0.22mg (11.21%), Manganese: 0.22mg (11.04%), Fiber: 2.65g (10.62%), Vitamin B2: 0.17mg (9.83%), Vitamin C: 7.39mg (8.95%), Vitamin E: 1.31mg (8.7%), Potassium: 265.62mg (7.59%), Phosphorus: 63.12mg (6.31%), Vitamin B6: 0.12mg (5.9%), Vitamin B3: 1.16mg (5.81%), Magnesium: 18.09mg (4.52%), Zinc: 0.64mg (4.28%), Selenium: 2.71µg (3.87%), Vitamin B5: 0.34mg (3.39%), Calcium: 32.24mg (3.22%)