



Asparagus with Smoked Salmon and Gribiche Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 24 asparagus white green
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 4 hardboiled eggs finely chopped
- ☐ 0.5 optional: lemon

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 3 tablespoons olive oil extra virgin extra-virgin for drizzling
- ☐ 1 tablespoon shallots minced
- ☐ 8 ounces salmon smoked thinly sliced
- ☐ 0.3 cup cream sour
- ☐ 1 teaspoon sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ skewers
- ☐ slotted spoon
- ☐ tongs
- ☐ peeler

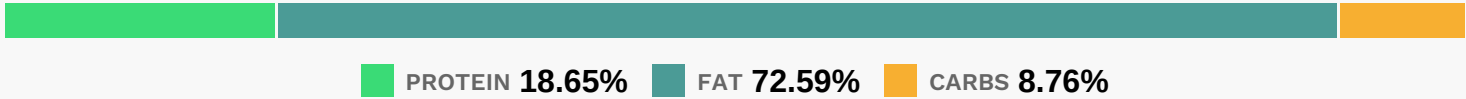
Directions

- ☐ Whisk mayonnaise, sour cream, and lemon juice in small bowl to blend. Stir in chopped eggs, capers, parsley, tarragon, and shallot. Season sauce to taste with salt and pepper. DO AHEAD Can be made 1 day ahead. Cover and refrigerate.
- ☐ Cut off bottom 1 inch from each asparagus spear. Using vegetable peeler, peel each spear from about 2 inches below tip to base to remove stringy outer layer. Bring large saucepan of salted water to boil. Squeeze juice from 1/2 lemon into boiling water; add lemon half, butter, and sugar.
- ☐ Add asparagus and cook just until tender when pierced with knife or skewer, 5 to 8 minutes, depending on thickness and color. Using slotted spoon or tongs, remove asparagus from saucepan and transfer to platter to cool. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Just before serving, add 3 tablespoons olive oil to sauce and stir without overmixing (sauce should have coarse texture and olive oil should be slightly separated). Arrange asparagus

decoratively on platter or individual plates. Drape salmon slices over. Spoon a few tablespoons sauce over; drizzle lightly with additional olive oil.

☐ Serve, passing remaining sauce alongside.

Nutrition Facts



Properties

Glycemic Index:59.93, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:17.555217307547%

Flavonoids

Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg

Nutrients (% of daily need)

Calories: 281.76kcal (14.09%), Fat: 23.14g (35.6%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.13g (3.48%), Cholesterol: 147.62mg (49.21%), Sodium: 492.09mg (21.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin K: 69.03µg (65.74%), Vitamin D: 7.22µg (48.1%), Selenium: 24.73µg (35.33%), Vitamin B12: 1.64µg (27.29%), Vitamin E: 3.04mg (20.24%), Vitamin B2: 0.34mg (20.1%), Vitamin A: 981.49IU (19.63%), Phosphorus: 169.94mg (16.99%), Vitamin C: 12.98mg (15.73%), Iron: 2.74mg (15.2%), Folate: 58.21µg (14.55%), Vitamin B3: 2.6mg (12.99%), Vitamin B6: 0.25mg (12.68%), Copper: 0.24mg (12.06%), Manganese: 0.22mg (11.16%), Vitamin B5: 1.06mg (10.56%), Potassium: 318.74mg (9.11%), Vitamin B1: 0.14mg (9.04%), Fiber: 1.88g (7.52%), Magnesium: 27.16mg (6.79%), Calcium: 66.7mg (6.67%), Zinc: 0.94mg (6.29%)