



Asparagus with Tangy-Smoky Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed
- 1 tablespoon capers
- 1 teaspoon dijon mustard
- 1 lemon zest juiced
- 0.3 cup olive oil
- 4 servings salt and pepper black freshly ground
- 0.5 teaspoon paprika smoked
- 1 tablespoon citrus champagne vinegar

Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- In a large pot of water over medium heat, add the asparagus spears and steam until barely tender, about 4 minutes.
- Drain and set aside.
- Put the egg yolks in a small bowl and break them up with a fork until no clumps remain.
- Add the mustard, lemon juice, vinegar, smoked paprika, salt and pepper, to taste, and whisk until smooth.
- Drizzle in the olive oil, while whisking, to make a creamy dressing. Arrange the asparagus on serving plates. Chop the egg whites and sprinkle them over the asparagus along with the lemon zest and capers.
- Drizzle with the dressing and top with freshly ground black pepper, to taste.
- Serve warm, room temperature or chilled.
- Lay the eggs in a single layer in a large saucepan. Cover with cold water by at least 1-inch. Bring to a simmer over low heat and cook for 1 minute. Cover with a lid, turn off the heat, and allow the eggs to sit for 15 minutes. Rinse with cold water.

Nutrition Facts

 PROTEIN 6.91%  FAT 80.1%  CARBS 12.99%

Properties

Glycemic Index:27.75, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:10.139130416124%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg,

Isorhamnetin: 6.46mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg

Nutrients (% of daily need)

Calories: 145.62kcal (7.28%), Fat: 13.74g (21.13%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 2.24g (0.82%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 72.25mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Vitamin K: 56.18µg (53.5%), Vitamin E: 3.32mg (22.17%), Vitamin A: 985.37IU (19.71%), Folate: 59.85µg (14.96%), Iron: 2.65mg (14.71%), Copper: 0.23mg (11.38%), Vitamin B1: 0.17mg (11.11%), Fiber: 2.77g (11.08%), Manganese: 0.2mg (10.22%), Vitamin C: 8.4mg (10.18%), Vitamin B2: 0.17mg (9.88%), Potassium: 242.77mg (6.94%), Phosphorus: 61.94mg (6.19%), Vitamin B3: 1.16mg (5.81%), Vitamin B6: 0.11mg (5.64%), Magnesium: 18.13mg (4.53%), Selenium: 3.09µg (4.41%), Zinc: 0.64mg (4.29%), Vitamin B5: 0.33mg (3.27%), Calcium: 32.19mg (3.22%)