



Asparagus with Tarragon Sherry Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb asparagus trimmed
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 large eggs
- ☐ 1.5 teaspoons tarragon fresh finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons shallots minced

☐ 1 tablespoon sherry vinegar

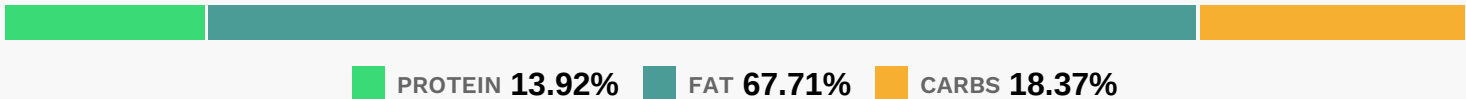
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ sieve

Directions

- ☐ Steam asparagus on a steamer rack set over boiling water, covered, until just tender, 3 to 5 minutes (depending on thickness), then transfer to a bowl of ice water to stop cooking.
- ☐ Drain well and pat dry with paper towels.
- ☐ Whisk together vinegar, shallot, mustard, salt, and pepper in a small bowl and add oil in a slow stream, whisking until emulsified.
- ☐ Whisk in tarragon.
- ☐ Halve egg and force each half through a coarse sieve into a bowl. Toss asparagus with 1 tablespoon vinaigrette and divide among 4 plates. Spoon remaining dressing over asparagus and top with egg.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:15.293043364649%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 148.71kcal (7.44%), Fat: 11.96g (18.4%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 3.61g (1.31%), Sugar: 3.33g (3.7%), Cholesterol: 46.5mg (15.5%), Sodium: 171.04mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin K: 77.23µg (73.56%), Vitamin A: 1385.54IU (27.71%), Folate: 96.75µg (24.19%), Vitamin E: 3.57mg (23.78%), Iron: 4.2mg (23.34%), Vitamin B2: 0.31mg (18.09%), Manganese: 0.35mg (17.31%), Copper: 0.34mg (16.9%), Vitamin B1: 0.25mg (16.76%), Fiber: 3.69g (14.76%), Vitamin C: 10mg (12.12%), Phosphorus: 116.88mg (11.69%), Selenium: 7.9µg (11.29%), Potassium: 389.73mg (11.14%), Vitamin B6: 0.2mg (9.9%), Vitamin B3: 1.74mg (8.72%), Zinc: 1.12mg (7.45%), Magnesium: 28.54mg (7.13%), Vitamin B5: 0.66mg (6.62%), Calcium: 57.63mg (5.76%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)