



Asparagus with Vin Santo Vinaigrette

READY IN



35 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 1 bunch asparagus ends trimmed
- ☐ 6 leaves bibb lettuce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 hardboiled egg sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 375 milliliters vin santo
- ☐ 375 milliliters vin santo

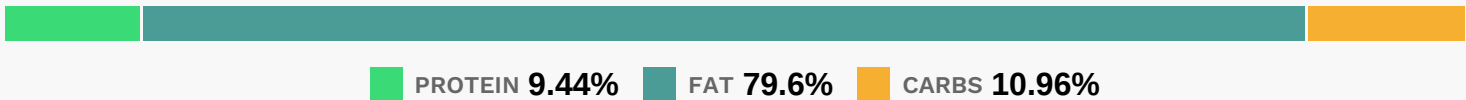
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan over medium heat, reduce the vin santo to 1/3 cup, about 10 minutes.
- ☐ In a small bowl, combine the reduced vin santo, lemon juice, mustard, salt, and pepper.
- ☐ Whisk to combine, making sure the mustard is fully dissolved. While whisking slowly drizzle in the olive oil.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the asparagus. Cook until just tender, about 3 minutes.
- ☐ Transfer the asparagus to a bowl filled with ice water and let cool, about 3 minutes.
- ☐ Remove from water and pat dry with paper towels.
- ☐ Place the lettuce leaves on a serving platter and top with the asparagus, then the slices of hard boiled egg and chopped almonds.
- ☐ Drizzle the entire platter with the vinaigrette.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:10.963043544603%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 4.43mg, Isorhamnetin: 4.43mg, Isorhamnetin: 4.43mg, Isorhamnetin: 4.43mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 172.73kcal (8.64%), Fat: 16.07g (24.73%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 2.36g (0.86%), Sugar: 2g (2.23%), Cholesterol: 31.08mg (10.36%), Sodium: 137.32mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin K: 53.97µg (51.4%), Vitamin E: 4.23mg (28.18%), Vitamin A: 1109.57IU (22.19%), Manganese: 0.31mg (15.26%), Folate: 56.93µg (14.23%), Vitamin B2: 0.23mg (13.41%), Iron: 2.23mg (12.38%), Copper: 0.21mg (10.5%), Fiber: 2.62g (10.48%), Vitamin B1: 0.14mg (9.26%), Phosphorus: 89.97mg (9%), Selenium: 5.48µg (7.83%), Magnesium: 30.87mg (7.72%), Potassium: 248.95mg (7.11%), Vitamin C: 5.73mg (6.95%), Vitamin B3: 1.03mg (5.13%), Vitamin B6: 0.1mg (5.1%), Zinc: 0.73mg (4.85%), Calcium: 45.72mg (4.57%), Vitamin B5: 0.38mg (3.84%), Vitamin B12: 0.09µg (1.54%), Vitamin D: 0.18µg (1.22%)