



Asparagus with Watercress



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon tarragon dried
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 10 servings salt and pepper
- ☐ 4 cups tender watercress sprigs rinsed
- ☐ 3 tablespoons citrus champagne vinegar

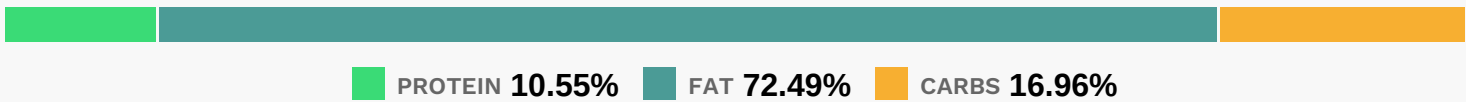
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Snap off and discard tough ends of asparagus. In a 5- to 6-quart pan over high heat, bring 2 quarts water to a boil.
- ☐ Add asparagus; cook, uncovered, until barely tender when pierced, about 5 minutes.
- ☐ Drain and immerse in cold water. When cool, in about 5 minutes, drain.
- ☐ Meanwhile, in a small bowl, mix oil, vinegar, mustard, and tarragon.
- ☐ Arrange watercress and radicchio (whole leaves or slivered) on a platter. Top with asparagus.
- ☐ Drizzle dressing over asparagus and greens.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:10.195652215377%

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: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 4.39mg, Kaempferol: 4.39mg, Kaempferol: 4.39mg, Kaempferol: 4.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg

Nutrients (% of daily need)

Calories: 85.65kcal (4.28%), Fat: 7.39g (11.37%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.75g (1.95%), Cholesterol: 0mg (0%), Sodium: 218.31mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin K: 76.1µg (72.47%), Vitamin A: 1129.27IU (22.59%), Vitamin E: 2.2mg (14.69%), Vitamin C: 11.06mg (13.4%), Folate: 49.05µg (12.26%), Iron: 2.12mg (11.77%), Manganese: 0.2mg (10.06%), Vitamin B1: 0.15mg (9.69%), Copper: 0.19mg (9.25%), Vitamin B2: 0.15mg (8.7%), Fiber: 2.05g (8.21%), Potassium: 238.29mg (6.81%), Phosphorus: 57.94mg (5.79%), Vitamin B6: 0.11mg (5.3%), Vitamin B3: 0.94mg (4.7%), Magnesium: 17.16mg (4.29%), Calcium: 41.78mg (4.18%), Selenium: 2.73µg (3.9%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.3mg (2.95%)