



Chilled Asparagus Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 stalks to asparagus green washed and ends trimmed
- ☐ 2 tablespoons smooth dijon mustard
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon honey
- ☐ 2 juice of lemon juiced
- ☐ 4 servings kosher salt
- ☐ 4 tablespoons olive oil
- ☐ 6 quarts water

- ☐ 2 tablespoons citrus champagne vinegar

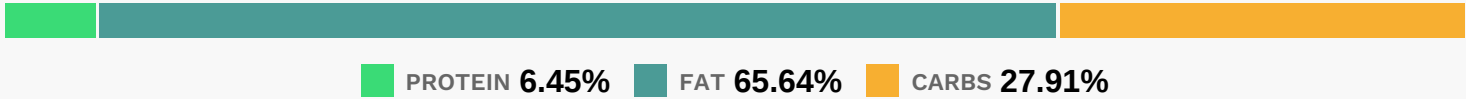
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ I like asparagus al dente, slightly crunchy. Bring the water to a boil in a large pot over medium heat.
- ☐ Add salt until it tastes like mild seawater. How will you know? Take a little water with a spoon and taste it, then add the sugar.
- ☐ Prepare an ice bath by filling a bowl, large enough to hold the asparagus, with cold water.
- ☐ Add some ice cubes. Plunge the asparagus into the ice bath before cooking. This will help to bring any limp stalks back to life.
- ☐ Remove from the ice bath, plunge them into the boiling water and allow them to cook, 2 to 3 minutes. Use a slotted spoon to remove them from the water, transferring them immediately to the same ice bath. Allow them to sit in the ice bath for a few minutes, swirling them gently in the water to assure they are all cooling quickly in the cold water.
- ☐ The most important step for this dish? Drying the stalks once they are removed from the ice bath. Taking care that no water gets into the final salad is the best way to assure that the maximum flavor will be enjoyed!
- ☐ Transfer the asparagus to a large plate or platter lined with a kitchen towel and refrigerate.
- ☐ In a medium bowl, combine the lemon juice, white wine vinegar, honey and mustard. Stir to blend.
- ☐ Whisk in the olive oil in an even, steady stream. When all of the oil has been integrated, taste and adjust the seasoning, if needed.
- ☐ When ready to serve, remove the kitchen towel from the asparagus and simply toss the asparagus in the dressing to coat them completely. Arrange the stalks on plates and serve.

Nutrition Facts



Properties

Glycemic Index:46.59, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:12.543478198673%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Quercetin: 17.95mg, Quercetin: 17.95mg, Quercetin: 17.95mg, Quercetin: 17.95mg

Nutrients (% of daily need)

Calories: 187.08kcal (9.35%), Fat: 14.46g (22.25%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 10.78g (3.92%), Sugar: 10.32g (11.46%), Cholesterol: 0mg (0%), Sodium: 350.99mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin K: 61.79µg (58.85%), Copper: 0.48mg (23.95%), Vitamin E: 3.51mg (23.41%), Vitamin A: 973.91IU (19.48%), Folate: 70.12µg (17.53%), Iron: 2.99mg (16.64%), Vitamin C: 13.05mg (15.82%), Vitamin B1: 0.2mg (13.39%), Fiber: 3.06g (12.24%), Manganese: 0.24mg (12.05%), Vitamin B2: 0.19mg (11.15%), Magnesium: 36.96mg (9.24%), Potassium: 289.39mg (8.27%), Calcium: 79.81mg (7.98%), Selenium: 5.56µg (7.94%), Phosphorus: 76.53mg (7.65%), Vitamin B3: 1.31mg (6.55%), Vitamin B6: 0.13mg (6.45%), Zinc: 0.9mg (5.97%), Vitamin B5: 0.39mg (3.94%)