



## Chilled Asparagus Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 pound asparagus fresh trimmed
- 2 tablespoons ranch dressing
- 2 tablespoons cheddar cheese shredded
- 2 tablespoons slivered almonds toasted
- 0.5 cup water

### Equipment

- frying pan

## Directions

- Place asparagus in a skillet; add water. Bring to a boil. Reduce heat; cover and simmer for 3–4 minutes or until crisp–tender. Rinse in cold water; drain well. Cover and refrigerate for at least 1 hour or until chilled.
- To serve, drizzle asparagus with salad dressing.
- Sprinkle with cheese and almonds.

## Nutrition Facts

**PROTEIN 14.3%** **FAT 69.59%** **CARBS 16.11%**

## Properties

Glycemic Index:34.5, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:14.056956604771%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 6.73mg, Isorhamnetin: 6.73mg, Isorhamnetin: 6.73mg, Isorhamnetin: 6.73mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

## Nutrients (% of daily need)

Calories: 179.76kcal (8.99%), Fat: 14.69g (22.6%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.3g (3.66%), Cholesterol: 12.4mg (4.13%), Sodium: 196.07mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.59%), Vitamin K: 67.48µg (64.26%), Vitamin E: 4.24mg (28.25%), Manganese: 0.41mg (20.74%), Vitamin B2: 0.32mg (19.08%), Vitamin A: 948.26IU (18.97%), Phosphorus: 173.9mg (17.39%), Copper: 0.33mg (16.62%), Folate: 65.75µg (16.44%), Iron: 2.86mg (15.87%), Fiber: 3.63g (14.53%), Vitamin B1: 0.19mg (12.49%), Calcium: 120.18mg (12.02%), Magnesium: 46.51mg (11.63%), Potassium: 318.51mg (9.1%), Selenium: 5.95µg (8.5%), Zinc: 1.27mg (8.45%), Vitamin C: 6.35mg (7.7%), Vitamin B3: 1.48mg (7.42%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.12µg (1.93%)