



Chilled Asparagus with Feta Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- 1.3 pounds asparagus
- 2 teaspoons dijon mustard
- 2 tablespoons feta cheese crumbled
- 2 drops hot sauce
- 2.5 tablespoons juice of lemon
- 1.5 tablespoons orange juice
- 0.5 cup bell pepper diced red
- 2 teaspoons vegetable oil

1 tablespoon water

Equipment

knife

whisk

plastic wrap

microwave

peeler

Directions

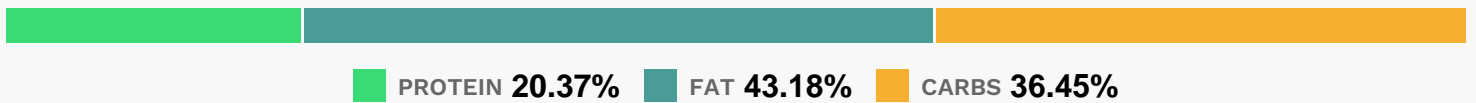
Snap off tough ends of asparagus.

Remove scales with a knife or vegetable peeler, if desired. Arrange asparagus spoke-fashion on a 12-inch round glass platter with stem ends toward outside of platter. Cover with heavy-duty plastic wrap, and vent. Microwave at high 4 minutes or until crisp-tender, rotating platter a half-turn after 2 minutes.

Let stand, covered, 2 minutes. Cover and chill.

Combine cheese and next 6 ingredients (cheese through hot sauce); stir with a wire whisk. Divide asparagus among 4 plates; top each serving with 2 tablespoons feta dressing and 2 tablespoons bell pepper.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:15.227391314895%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.91mg, Quercetin: 19.91mg, Quercetin: 19.91mg, Quercetin: 19.91mg

Nutrients (% of daily need)

Calories: 82.12kcal (4.11%), Fat: 4.43g (6.81%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.26g (4.73%), Cholesterol: 7.57mg (2.52%), Sodium: 141.54mg (6.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin K: 64.23µg (61.17%), Vitamin C: 38.98mg (47.25%), Vitamin A: 1706.53IU (34.13%), Folate: 88.99µg (22.25%), Iron: 3.23mg (17.95%), Vitamin B2: 0.29mg (17.22%), Vitamin B1: 0.24mg (15.92%), Vitamin E: 2.12mg (14.14%), Fiber: 3.52g (14.07%), Copper: 0.28mg (14.03%), Manganese: 0.26mg (12.99%), Vitamin B6: 0.23mg (11.43%), Phosphorus: 111.79mg (11.18%), Potassium: 357.78mg (10.22%), Vitamin B3: 1.7mg (8.51%), Calcium: 80.22mg (8.02%), Selenium: 5.42µg (7.74%), Zinc: 1.08mg (7.21%), Magnesium: 26.22mg (6.56%), Vitamin B5: 0.56mg (5.62%), Vitamin B12: 0.14µg (2.39%)