



Chopped Asparagus Salad

 Gluten Free

READY IN



14 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed
- 1 tablespoons champagne vinegar
- 2 tablespoons olive oil extra virgin extra-virgin
- 4 servings kosher salt black
- 0.3 pound parmesan chunk
- 1 small shallots chopped

Equipment

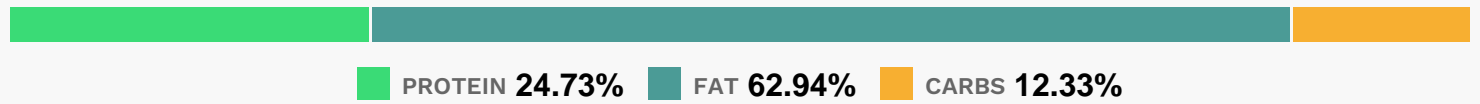
- bowl

- pot
- tongs
- peeler

Directions

- Over moderately high heat, bring a large pot of salted water to a boil.
- Add the asparagus and cook until tender, 4 to 5 minutes. Using tongs, transfer the asparagus to a bowl of ice water.
- Drain, pat dry and chop into 1/2-inch pieces.
- In a medium bowl, toss together the asparagus, shallots and vinegar.
- Drizzle the oil on top of the asparagus. Using a vegetable peeler, shave the Parmesan to measure 1/3 cup. Toss the cheese with the asparagus and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:13.489565349143%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 200.9kcal (10.05%), Fat: 14.47g (22.25%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.85g (3.17%), Cholesterol: 19.28mg (6.43%), Sodium: 651.41mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.57%), Vitamin K: 51.92µg (49.45%), Calcium: 365.6mg (36.56%), Phosphorus: 259.76mg (25.98%), Vitamin A: 1078.95IU (21.58%), Folate: 63.08µg (15.77%), Vitamin E: 2.35mg (15.7%), Iron: 2.79mg (15.51%), Vitamin B2: 0.26mg (15.02%), Selenium: 9.06µg (12.95%), Vitamin B1: 0.18mg (11.8%), Copper: 0.23mg (11.47%), Fiber: 2.58g (10.33%), Manganese: 0.21mg (10.27%), Zinc: 1.42mg (9.46%), Vitamin C: 6.87mg (8.33%), Potassium: 277.59mg (7.93%), Vitamin B6: 0.15mg (7.53%), Magnesium: 29.82mg (7.45%), Vitamin B3: 1.2mg (5.99%), Vitamin B12: 0.34µg (5.67%), Vitamin B5: 0.46mg (4.57%)