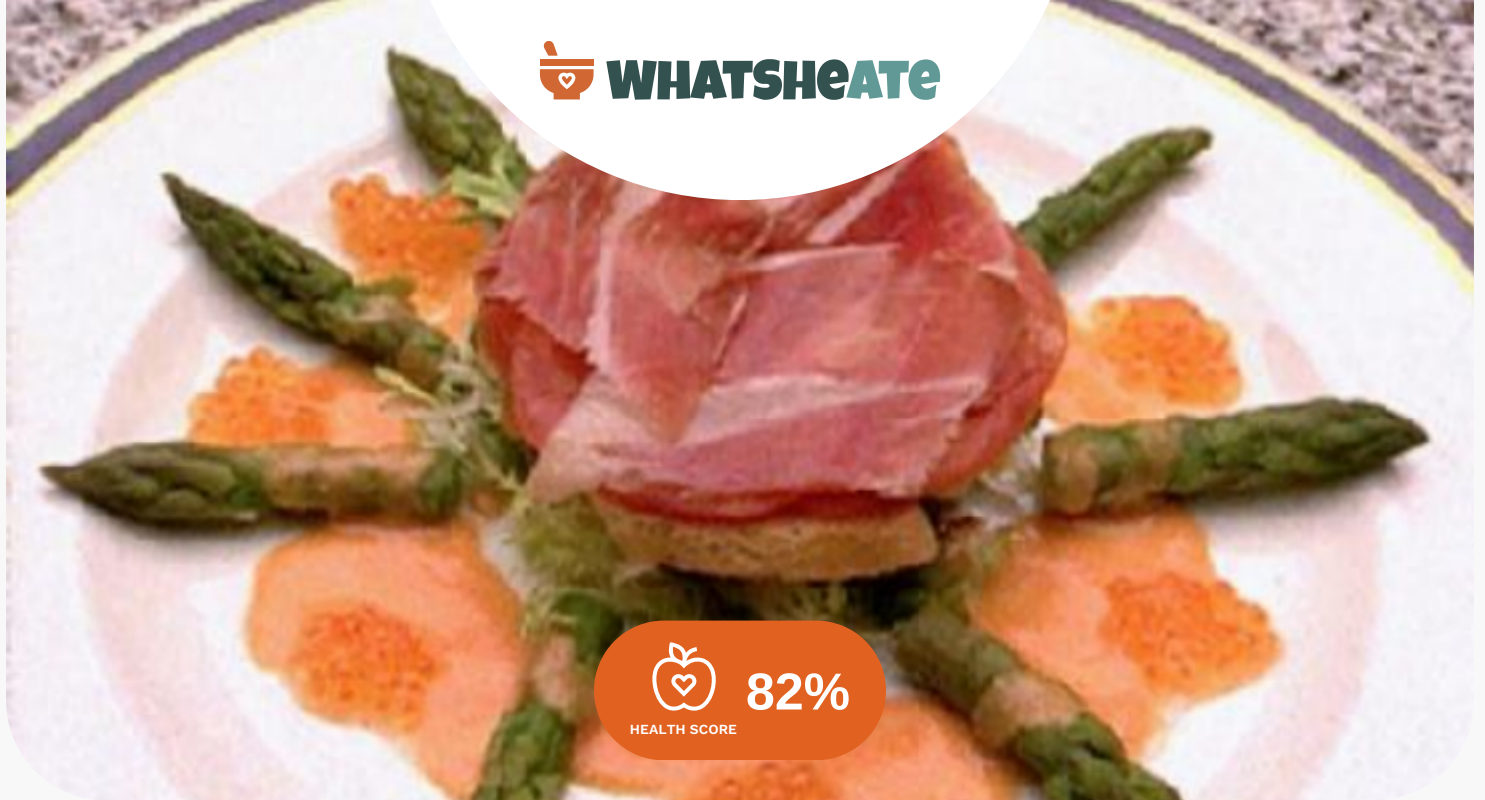




Crown of Green Asparagus

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches asparagus
- ☐ 1 clove garlic peeled cut in half
- ☐ 1 tablespoon garlic chopped
- ☐ 2 ounces cured ham diced
- ☐ 1 loaf bread french italian
- ☐ 1 head lettuce cleaned
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt and pepper

- ☐ 1 teaspoon sherry vinegar
- ☐ 1 pound tomatoes peeled seeded
- ☐ 2 tomatoes sliced
- ☐ 1 cup water
- ☐ 3 slices bread white

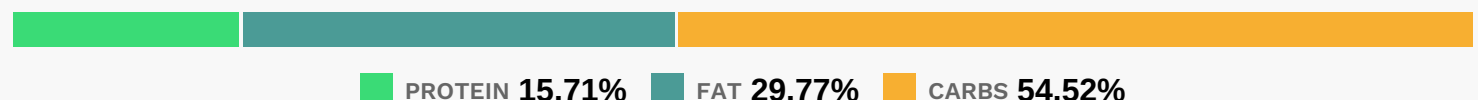
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ cookie cutter

Directions

- ☐ To make the sauce, combine the bread and water in a bowl and allow to sit for a few minutes. In a food processor, combine the bread mixture, tomatoes, and garlic, season with salt and pepper, and process until smooth.
- ☐ Add the vinegar and oil and process. Set aside until ready to use.
- ☐ In a pot, boil the green asparagus until tender.
- ☐ Cut the points off, set aside, and chop the rest of the tender parts.
- ☐ Cut the loaf of bread into thin slices and toast. While the toast is still warm, rub the surface with some of the garlic.
- ☐ Place a large ring or cookie cutter in the center of 4 plates.
- ☐ Place the crown tips of the asparagus around the plates. Arrange a few leaves of lettuce on the bottom of the rings and top with the chopped asparagus.
- ☐ Top with the sliced tomatoes and then a piece of toast. Finally, sprinkle with the cured ham.
- ☐ To finish and serve, drizzle a little of the Salmorejo sauce around the plate and serve.

Nutrition Facts



Properties

Glycemic Index:88.82, Glycemic Load:50.67, Inflammation Score:-10, Nutrition Score:43.251304706802%

Flavonoids

Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 34.43mg, Quercetin: 34.43mg, Quercetin: 34.43mg, Quercetin: 34.43mg

Nutrients (% of daily need)

Calories: 576.09kcal (28.8%), Fat: 19.79g (30.45%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 81.57g (27.19%), Net Carbohydrates: 70.44g (25.62%), Sugar: 17.13g (19.04%), Cholesterol: 8.79mg (2.93%), Sodium: 1084mg (47.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47.01%), Vitamin K: 148.8µg (141.72%), Vitamin B1: 1.34mg (89.16%), Folate: 326.63µg (81.66%), Vitamin A: 3834.78IU (76.7%), Manganese: 1.41mg (70.37%), Selenium: 41.87µg (59.81%), Iron: 10.63mg (59.07%), Vitamin B2: 0.89mg (52.38%), Vitamin C: 41.2mg (49.94%), Vitamin B3: 9.77mg (48.85%), Fiber: 11.13g (44.52%), Vitamin E: 5.98mg (39.85%), Copper: 0.77mg (38.36%), Potassium: 1250.17mg (35.72%), Phosphorus: 346.75mg (34.68%), Vitamin B6: 0.61mg (30.67%), Magnesium: 101.26mg (25.32%), Zinc: 3.29mg (21.91%), Calcium: 195.38mg (19.54%), Vitamin B5: 1.41mg (14.1%), Vitamin B12: 0.09µg (1.51%)