



Cucumber-Dill Salad with Asparagus

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb asparagus fresh trimmed cut into 1-inch lengths
- 0.3 tsp pepper black
- 1 small cucumber sliced quartered
- 2 tsp dill weed
- 0.5 cup real mayo mayonnaise kraft
- 2 Tbsp parmesan cheese grated kraft
- 1 Tbsp water

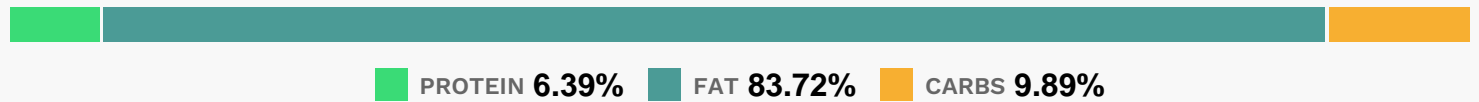
Equipment

- bowl
- casserole dish
- microwave

Directions

- Place asparagus in microwaveable casserole dish.
- Add water; cover with lid. Microwave on HIGH 3 to 5 min. or until asparagus is crisp-tender; drain. Rinse with cold water; drain.
- Mix next 4 ingredients in large bowl.
- Add asparagus and cucumbers; toss to coat.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.4430435066638%

Flavonoids

Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 45.74kcal (2.29%), Fat: 4.37g (6.72%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.57g (0.63%), Cholesterol: 2.79mg (0.93%), Sodium: 44.97mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin K: 19.18µg (18.27%), Vitamin A: 186.02IU (3.72%), Folate: 13.23µg (3.31%), Vitamin E: 0.45mg (2.97%), Iron: 0.52mg (2.89%), Copper: 0.05mg (2.51%), Vitamin B1: 0.04mg (2.37%), Manganese: 0.05mg (2.29%), Vitamin B2: 0.04mg (2.17%), Fiber: 0.54g (2.15%), Vitamin C: 1.53mg (1.86%), Phosphorus: 17.84mg (1.78%), Potassium: 59mg (1.69%), Vitamin B6: 0.03mg (1.28%), Selenium: 0.83µg (1.19%), Calcium: 11.57mg (1.16%), Vitamin B3: 0.23mg (1.13%), Zinc: 0.17mg (1.11%), Magnesium: 4.41mg (1.1%)