

## Tomato Asparagus Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound asparagus fresh trimmed
- 10 cherry tomatoes halved
- 0.3 cup salad dressing fat-free italian
- 2 tablespoons parmesan cheese grated
- 4 cups the of 1 cos lettuce
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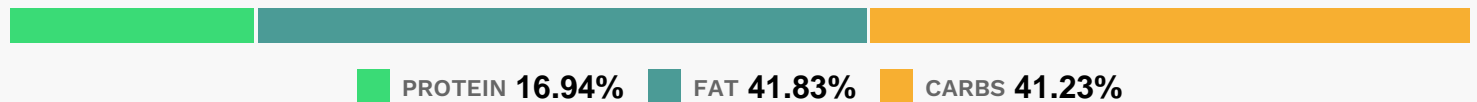
### Equipment

- sauce pan

## Directions

- In a large saucepan, bring 1/2 in. of water to a boil.
- Add asparagus; cover and boil for 3–5 minutes or until crisp–tender.
- Drain and immediately place asparagus in ice water.
- Drain and pat dry.
- Line a serving platter with romaine leaves; top with torn romaine. Arrange asparagus over romaine; top with tomatoes.
- Drizzle with dressing and sprinkle with Parmesan cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:16.29217402556%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

## Nutrients (% of daily need)

Calories: 68.66kcal (3.43%), Fat: 3.52g (5.42%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.24g (4.72%), Cholesterol: 1.45mg (0.48%), Sodium: 168.18mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin A: 5897.13IU (117.94%), Vitamin K: 100.4µg (95.62%), Folate: 123.79µg (30.95%), Vitamin C: 13.12mg (15.9%), Iron: 2.43mg (13.49%), Manganese: 0.25mg (12.33%), Fiber: 3.03g (12.13%), Vitamin B1: 0.16mg (10.94%), Potassium: 375.06mg (10.72%), Copper: 0.2mg (9.79%), Vitamin B2: 0.16mg (9.31%), Vitamin E: 1.38mg (9.23%), Phosphorus: 77.57mg (7.76%), Vitamin B6: 0.14mg (7.24%), Calcium: 57.27mg (5.73%), Magnesium: 22.68mg (5.67%), Vitamin B3: 1.09mg (5.47%), Zinc: 0.67mg (4.44%), Selenium: 2.96µg (4.23%), Vitamin B5: 0.33mg (3.33%)