



Grilled Asparagus and Fennel Pasta Salad (Cooking for 2)

 Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound asparagus cut into 2-inch pieces
- 1 medium fennel bulb cut into thin wedges
- 1 small navel oranges peeled coarsely chopped
- 1 small onion red cut into thin wedges
- 5 ounces rotini pasta uncooked
- 0.1 teaspoon salt
- 0.3 teaspoon sugar

- 2 tablespoons vegetable oil
- 3 tablespoons balsamic vinegar white

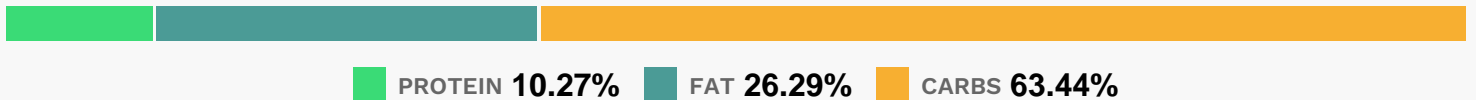
Equipment

- bowl
- grill

Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- Meanwhile, heat coals or gas grill for direct heat. Toss asparagus, fennel, onion, 2 teaspoons oil and 1/4 teaspoon salt until vegetables are coated.
- Place in grill basket. Grill 5 to 6 inches from medium heat 10 to 15 minutes, stirring vegetables or shaking grill basket frequently, until vegetables are crisp-tender. Cool slightly.
- Shake all Vinaigrette ingredients in tightly covered container.
- In large bowl, toss vegetables, pasta, orange and vinaigrette.
- Serve immediately, or cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:133.05, Glycemic Load:27.34, Inflammation Score:-8, Nutrition Score:26.261304274849%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 5.99mg, Isorhamnetin: 5.99mg, Isorhamnetin: 5.99mg, Isorhamnetin: 5.99mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg

Nutrients (% of daily need)

Calories: 510.12kcal (25.51%), Fat: 15.13g (23.28%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 82.16g (27.39%), Net Carbohydrates: 72.6g (26.4%), Sugar: 19.93g (22.14%), Cholesterol: 0mg (0%), Sodium: 219.99mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.6%), Vitamin K: 122.36µg (116.54%), Vitamin C: 62.66mg (75.95%), Selenium: 47.19µg (67.42%), Manganese: 1.09mg (54.3%), Fiber: 9.56g (38.24%), Potassium: 980.38mg (28.01%), Folate: 108.08µg (27.02%), Phosphorus: 258.55mg (25.85%), Copper: 0.44mg (22.22%), Magnesium: 81.47mg (20.37%), Iron: 3.37mg (18.74%), Vitamin E: 2.63mg (17.5%), Vitamin B6: 0.33mg (16.43%), Vitamin B1: 0.23mg (15.3%), Vitamin A: 759.42IU (15.19%), Vitamin B3: 2.87mg (14.35%), Calcium: 135.15mg (13.51%), Vitamin B2: 0.21mg (12.39%), Zinc: 1.71mg (11.39%), Vitamin B5: 0.98mg (9.83%)