

food
network



HEALTH SCORE

58%

Grilled Asparagus and Quinoa Salad with Goat Cheese and Black Olive Vinaigrette



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



751 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 spears asparagus trimmed
- ☐ 0.5 teaspoon chile de árbol
- ☐ 1 tablespoon dijon mustard
- ☐ 8 ounces aged goat cheese shaved
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 4 servings olive oil

- ☐ 0.5 cup niçoise olives pitted
- ☐ 5 niçoise olives
- ☐ 4 servings parsley sprigs for garnish
- ☐ 0.3 cup parsley leaves chopped
- ☐ 2 cups quinoa
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 roma tomato sliced
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup aged sherry vinegar

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Heat grill.
- ☐ Brush asparagus with olive oil and season with salt and pepper, to taste. Grill on both sides until just cooked through, about 2 minutes on each side.
- ☐ Remove from grill and cut in half.
- ☐ Bring 8 cups of salted water to a boil.
- ☐ Add quinoa and cook until soft.
- ☐ Drain and rinse with cold water and drain again.
- ☐ Place the quinoa in a medium bowl and add red wine vinegar, olive oil, parsley and 1/4 cup of olive vinaigrette. Stir to combine.
- ☐ Place on plate and top with goat cheese, asparagus, whole nicoise olives, sliced tomato and parsley sprigs.
- ☐ Combine vinegar, mustard, chile powder, olives and olive oil in a blender and blend until smooth.

Nutrition Facts



 **PROTEIN 12.86%**  **FAT 56%**  **CARBS 31.14%**

Properties

Glycemic Index:41.5, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:34.144782377326%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.74mg, Apigenin: 16.74mg, Apigenin: 16.74mg, Apigenin: 16.74mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 750.59kcal (37.53%), Fat: 47.17g (72.57%), Saturated Fat: 13g (81.25%), Carbohydrates: 59.01g (19.67%), Net Carbohydrates: 50.55g (18.38%), Sugar: 2.3g (2.56%), Cholesterol: 26.08mg (8.69%), Sodium: 797.85mg (34.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.77%), Vitamin K: 166.24µg (158.32%), Manganese: 1.92mg (96.02%), Phosphorus: 574.17mg (57.42%), Copper: 1.06mg (53.02%), Folate: 203.5µg (50.88%), Vitamin E: 7.53mg (50.19%), Magnesium: 194.32mg (48.58%), Vitamin A: 1994.28IU (39.89%), Iron: 6.95mg (38.61%), Vitamin B2: 0.58mg (33.85%), Fiber: 8.46g (33.84%), Vitamin B6: 0.63mg (31.66%), Vitamin B1: 0.44mg (29.26%), Zinc: 3.57mg (23.8%), Potassium: 703.85mg (20.11%), Vitamin C: 15.42mg (18.69%), Selenium: 11.42µg (16.31%), Calcium: 158.61mg (15.86%), Vitamin B5: 1.24mg (12.4%), Vitamin B3: 2.33mg (11.63%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)