

Grilled Asparagus and Spinach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces asparagus
- 4 ounces baby spinach
- 1 clove garlic
- 1 teaspoon ground flaxseed
- 2 tablespoons juice of lemon
- 2 servings salad dressing smoked (see below)
- 2 servings salt and pepper freshly ground
- 1 tablespoon silken tofu (or other vegan mayo)

- 0.5 teaspoon paprika smoked
- 1 small juice of lemon to taste (I used a tiny scoop of calorie-free stevia.)
- 2 tablespoons walnut pieces chopped (may omit or substitute chickpeas)
- 2 tablespoons water
- 1 teaspoon miso white organic
- 1 tablespoon citrus champagne vinegar

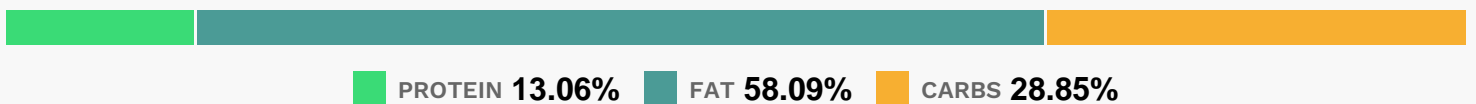
Equipment

- bowl
- grill

Directions

- Sprinkle with salt and pepper, and toss to distribute the oil and seasonings.
- Put the asparagus on the grill and cook, turning often, until just beginning to brown in places but still crisp and bright green, about 5 to 8 minutes.
- Remove from heat and cut spears in half. Toss the spinach with the dressing and arrange in two bowls or plates. Divide the asparagus between the two salads, and sprinkle each with a tablespoon of walnuts.

Nutrition Facts



Properties

Glycemic Index:111, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:25.719565165108%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 5.2mg, Kaempferol: 5.2mg, Kaempferol: 5.2mg, Kaempferol: 5.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg

Nutrients (% of daily need)

Calories: 195.34kcal (9.77%), Fat: 13.73g (21.12%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 10.3g (3.75%), Sugar: 6.78g (7.53%), Cholesterol: 0mg (0%), Sodium: 633.91mg (27.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.89%), Vitamin K: 338.33µg (322.22%), Vitamin A: 6436.85IU (128.74%), Manganese: 1.13mg (56.45%), Folate: 186.49µg (46.62%), Vitamin C: 34.65mg (42%), Iron: 4.71mg (26.17%), Copper: 0.51mg (25.43%), Magnesium: 88.89mg (22.22%), Vitamin E: 3.31mg (22.07%), Fiber: 5.04g (20.15%), Potassium: 692.08mg (19.77%), Vitamin B1: 0.28mg (18.98%), Vitamin B2: 0.31mg (17.99%), Vitamin B6: 0.34mg (17%), Phosphorus: 148.19mg (14.82%), Calcium: 110.02mg (11%), Zinc: 1.46mg (9.72%), Vitamin B3: 1.84mg (9.18%), Selenium: 4.96µg (7.09%), Vitamin B5: 0.49mg (4.85%)