



Grilled Asparagus Gribiche



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus trimmed
- ☐ 2 tablespoons capers drained
- ☐ 6 cornichons diced
- ☐ 1 tablespoon tarragon leaves fresh finely chopped
- ☐ 4 hard-cooked eggs
- ☐ 1.3 cups olive oil extra-virgin
- ☐ 8 servings olive oil for brushing asparagus
- ☐ 8 servings salt and pepper freshly ground

☐ 0.3 cup citrus champagne vinegar

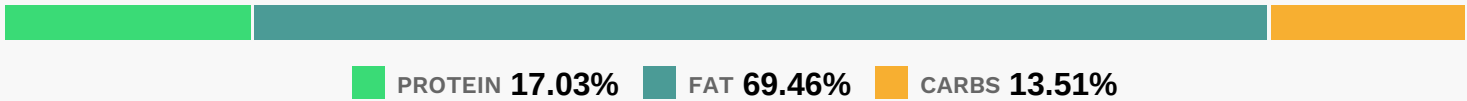
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat the grill to medium.
- ☐ Brush the asparagus with oil and season with salt and pepper, to taste. Grill for 2 to 3 minutes on each side, or until just cooked through.
- ☐ Remove from the grill and place on a serving platter.
- ☐ Place the cooked egg yolks, tarragon, capers, cornichons, salt, and pepper in the work bowl of a food processor and pulse until just combined. With the processor running, slowly add the oil until emulsified.
- ☐ Add enough white wine vinegar to make the sauce thin enough to drizzle. Taste for seasoning and add more salt and pepper, if necessary.
- ☐ Drizzle the sauce over the asparagus and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:9.8904348663662%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.9mg, Isorhamnetin: 4.9mg, Isorhamnetin: 4.9mg, Isorhamnetin: 4.9mg Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 9.59g (14.75%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.91g (2.13%), Cholesterol: 93.25mg (31.08%), Sodium: 292.23mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin K: 40.78µg (38.84%), Vitamin A: 821.47IU (16.43%), Vitamin B2: 0.26mg (15.54%), Vitamin E: 2.22mg (14.8%), Folate: 58.61µg (14.65%), Iron: 2.53mg (14.06%), Selenium: 9.74µg (13.92%), Manganese: 0.22mg (10.89%), Vitamin B1: 0.14mg (9.47%), Phosphorus: 91.39mg (9.14%), Copper: 0.18mg (9.04%), Fiber: 1.94g (7.78%), Potassium: 235.74mg (6.74%), Vitamin C: 5.39mg (6.53%), Vitamin B6: 0.13mg (6.51%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.77mg (5.14%), Vitamin B3: 0.95mg (4.74%), Magnesium: 18.58mg (4.64%), Vitamin B12: 0.28µg (4.63%), Calcium: 44.55mg (4.46%), Vitamin D: 0.55µg (3.67%)