



Grilled Asparagus Salad with Orange Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds asparagus fresh
- 0.3 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 0.5 cup olive oil
- 0.3 cup orange juice fresh
- 6 servings garnish: orange rind strips
- 1.5 tablespoons orange rind grated

- 0.5 teaspoon pepper
- 1.5 pounds gourmet salad greens mixed
- 0.8 teaspoon salt

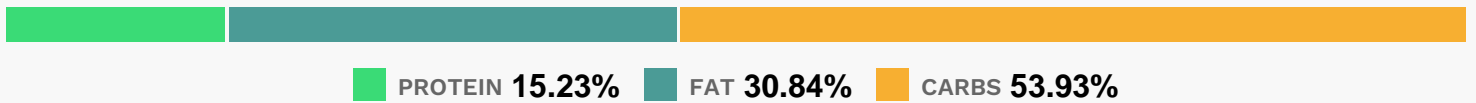
Equipment

- whisk
- grill

Directions

- Snap off tough ends of asparagus; place in a shallow dish.
- Whisk together grated rind and next 6 ingredients.
- Pour one-third of vinaigrette over asparagus; cover and chill 1 hour.
- Drain. Set aside remaining vinaigrette.
- Grill asparagus, covered with grill lid, over medium-high heat (350 to 400 to 450 degrees Fahrenheit) for 10 to 15 minutes or until crisp-tender; cool.
- Combine greens, remaining vinaigrette, and, if desired, bacon; place evenly on 6 salad plates. Arrange asparagus over salad.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:16.510434689729%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.89mg, Quercetin:

15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 105.84kcal (5.29%), Fat: 3.93g (6.05%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.51g (4.19%), Sugar: 5.43g (6.04%), Cholesterol: 0mg (0%), Sodium: 344.68mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin C: 57.91mg (70.2%), Vitamin K: 49.65µg (47.29%), Vitamin A: 2231.84IU (44.64%), Folate: 109.25µg (27.31%), Manganese: 0.4mg (19.77%), Iron: 3.44mg (19.13%), Fiber: 3.95g (15.81%), Vitamin B1: 0.23mg (15.21%), Copper: 0.3mg (14.84%), Potassium: 500.96mg (14.31%), Vitamin B2: 0.23mg (13.78%), Vitamin E: 1.85mg (12.31%), Phosphorus: 113.12mg (11.31%), Vitamin B6: 0.22mg (11.24%), Vitamin B3: 1.92mg (9.6%), Magnesium: 35.63mg (8.91%), Calcium: 71.04mg (7.1%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.55mg (5.46%), Selenium: 3.79µg (5.41%)