



Grilled Asparagus with Tangerine Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



56 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 2 large bunches asparagus salted cooled boiling cooked trimmed for 2 minutes in water, then
- ☐ 1 egg yolk
- ☐ 1 tablespoon tarragon leaves fresh coarsely chopped
- ☐ 1 cup olive oil with and brushing on asparagus pure plus more for tossing
- ☐ 4 servings pinenuts toasted coarsely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings long curls tangerine zest fresh
- ☐ 2 cups tangerine juice freshly squeezed

- ☐ 2 tangerines

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Put the tangerine juice in a small non-reactive saucepan and bring to a boil. Cook until reduced to 1/2 cup.
- ☐ Let cool to room temperature.
- ☐ Peel the tangerines, removing all the white pith, and segment over a bowl to catch both the segments and the juices. Cover and refrigerate until very cold.
- ☐ Combine the reduced juice, tarragon, egg yolk, and salt and pepper, to taste, in a blender and blend until well mixed. With the machine running, add the 1 cup olive oil, at first by drops and then, as mixture emulsifies, in a thin, steady stream until all the oil is incorporated. Taste, for seasoning.
- ☐ Scrape into a jar, cover, and refrigerate until needed. You should have about 1 2/3 cups mayonnaise. Keeps 2 to 3 days, refrigerated.
- ☐ Prepare the grill and let burn down to medium coals. Toss the cooled asparagus with about 1 tablespoon olive oil and season with salt and pepper. Grill over medium to low coals, turning the spears as needed, until they take on a little color and are just tender, about 6 minutes. Cover the grill, if necessary, to maintain the heat.
- ☐ Arrange the asparagus on a platter with the reserved tangerine segments. Dot with the mayonnaise, and drizzle with any tangerine juice left in the bowl.
- ☐ Garnish with fresh or candied zest and the nuts, if using.
- ☐ Serve at once.
- ☐ Cook's Note: Every cook has insecurities. One of mine is mayonnaise. I always get a little anxious until I see it coming together in the blender. If the mayonnaise is too thick, thin it, with the machine running, by pulsing in a little cool water. If you are concerned about raw eggs, use a pasteurized egg product or an egg substitute such as Egg Beaters.

Nutrition Facts

 **PROTEIN 6.59%**  **FAT 68.93%**  **CARBS 24.48%**

Properties

Glycemic Index:55.75, Glycemic Load:3, Inflammation Score:-8, Nutrition Score:18.764782661977%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 25.05mg, Hesperetin: 25.05mg, Hesperetin: 25.05mg, Hesperetin: 25.05mg Naringenin: 6.13mg, Naringenin: 6.13mg, Naringenin: 6.13mg, Naringenin: 6.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 380.6kcal (19.03%), Fat: 30.75g (47.31%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 20.42g (7.43%), Sugar: 18.24g (20.27%), Cholesterol: 48.6mg (16.2%), Sodium: 5.63mg (0.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.23%), Manganese: 2.07mg (103.54%), Vitamin C: 51.14mg (61.99%), Vitamin E: 6.43mg (42.86%), Copper: 0.58mg (29.18%), Vitamin B1: 0.3mg (20.15%), Magnesium: 70.66mg (17.66%), Fiber: 4.14g (16.57%), Potassium: 558.09mg (15.95%), Vitamin B6: 0.31mg (15.71%), Vitamin A: 761.31IU (15.23%), Folate: 58.84µg (14.71%), Iron: 2.5mg (13.88%), Phosphorus: 136.72mg (13.67%), Vitamin K: 11.17µg (10.64%), Calcium: 99.45mg (9.94%), Vitamin B2: 0.12mg (7.22%), Vitamin B5: 0.66mg (6.64%), Zinc: 0.98mg (6.53%), Selenium: 3.5µg (5.01%), Vitamin B3: 0.99mg (4.97%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.46%)