



Jumbo Asparagus with Sauce Mimosa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoon red wine vinegar
- ☐ 2.3 teaspoon salt
- ☐ 1 small shallots minced

Equipment

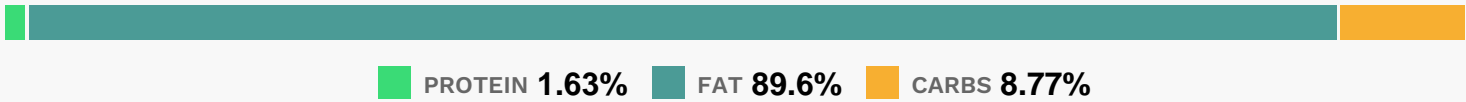
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Prepare a bowl of ice and cold water.Put asparagus in a 12-inch heavy skillet, then cover with cold water. Bring water to a boil and add 2 teaspoons salt, then reduce heat and simmer asparagus, uncovered, until just tender, 6 to 8 minutes. The best way to know when they're done is to poke a spear with a paring knife; it should slide in easily.
- ☐ Transfer with tongs to ice water, then to a clean kitchen towel. Pat dry.
- ☐ Whisk together vinegar, shallot, mustard, pepper, and remaining ¼ teaspoon salt in a small bowl, then add oil in a slow stream, whisking until emulsified.Toss asparagus with 1 tablespoon vinaigrette in a large shallow bowl letting them marinate covered in the refrigerator at least 4 hours and up to 24 hours.When you are ready to serve hard-boil the eggs.
- ☐ Let them cool and peel them.
- ☐ Cut each egg in half lengthwise and separate the yolks from the whites then force the yolks through a medium-mesh sieve into another small bowl. Save the whites for another use. Divide asparagus among 4 plates, or onto 1 large serving platter. Spoon additional vinaigrette over asparagus and top with egg yolks.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.87086955708978%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 54.67kcal (2.73%), Fat: 5.45g (8.39%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 1323.31mg (57.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin E: 0.79mg (5.24%), Vitamin K: 3.48µg (3.32%), Manganese: 0.04mg (2.15%), Vitamin B6: 0.02mg (1.14%), Fiber: 0.28g (1.12%)