



Microwave Asparagus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 medium stalks asparagus
- ☐ 6 tablespoons balsamic vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 4 tablespoons hazelnuts chopped
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons orange juice
- ☐ 4 servings pepper freshly ground to taste

☐ 4 cups salad greens with radicchio italian-style

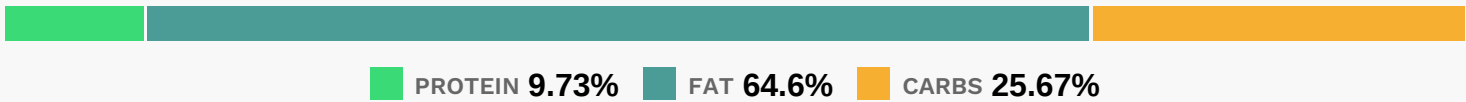
Equipment

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Trim, peel and rinse asparagus (do not dry).
- ☐ Place spears flat, two or three deep, in a glass pie plate or similar dish. Cover tightly with microwavable plastic wrap and microwave on high 2 1/2 to 5 minutes, depending on wattage.
- ☐ Whisk together dressing ingredients, pour over asparagus and marinate in refrigerator until cool.
- ☐ Divide greens onto four salad plates; top each with six asparagus spears.
- ☐ Drizzle with equal amounts of dressing, and top with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.17, Inflammation Score:-8, Nutrition Score:13.99956520744%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg

Kaempferol: 1.33mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg

Nutrients (% of daily need)

Calories: 177.71kcal (8.89%), Fat: 13.33g (20.51%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 8.78g (3.19%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 90.58mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Manganese: 0.89mg (44.45%), Vitamin K: 45.78µg (43.6%), Vitamin E: 3.61mg (24.07%), Vitamin A: 1201.48IU (24.03%), Vitamin C: 19.55mg (23.69%), Folate: 79.31µg (19.83%), Copper: 0.39mg (19.36%), Iron: 3.07mg (17.07%), Vitamin B1: 0.23mg (15.1%), Fiber: 3.14g (12.58%), Potassium: 384.15mg (10.98%), Phosphorus: 105.46mg (10.55%), Vitamin B2: 0.17mg (10.24%), Magnesium: 40.19mg (10.05%), Vitamin B6: 0.18mg (9.15%), Vitamin B3: 1.4mg (7.01%), Zinc: 0.9mg (5.99%), Selenium: 3.48µg (4.97%), Calcium: 49.52mg (4.95%), Vitamin B5: 0.43mg (4.32%)