



Morel-and-Asparagus Salad with Frisée and Butter Lettuce

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus halved lengthwise cut into 2-inch lengths
- ☐ 1 head boston lettuce
- ☐ 35 servings argan oil for drizzling (optional; see note)
- ☐ 2 tablespoons chervil sprigs (small)
- ☐ 5 ounces frisée
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup chicken stock see low-sodium

- ☐ 36 small morels dried fresh drained and rinsed boiling rinsed for 30 minutes,
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 35 servings pepper freshly ground
- ☐ 35 servings salt
- ☐ 4 tablespoons butter unsalted

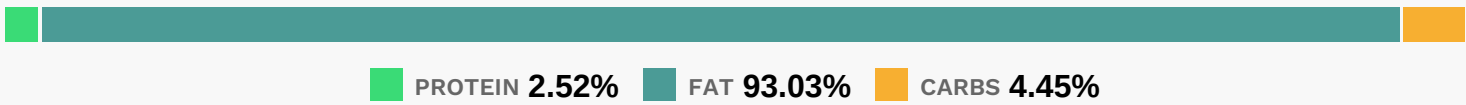
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large skillet, melt the butter.
- ☐ Add the morels and stock, cover and cook over moderately high heat until softened, 5 minutes.
- ☐ Add the asparagus, cover and cook until crisp-tender, about 2 minutes. Season with salt and pepper and cook uncovered until the broth is nearly absorbed, 1 minute longer.
- ☐ In a large bowl, whisk the olive oil with the lemon juice and season with salt and pepper.
- ☐ Add the frise, butter lettuce and chervil and toss to coat. Arrange the morels and asparagus on plates and mound the salad alongside.
- ☐ Drizzle with argan oil, if using, and serve.

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:5.5743478008586%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 152.11kcal (7.61%), Fat: 16.25g (25%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.41g (0.46%), Cholesterol: 3.44mg (1.15%), Sodium: 200.36mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 32.95µg (31.38%), Vitamin E: 2.85mg (19%), Iron: 2.1mg (11.68%), Vitamin A: 541.03IU (10.82%), Manganese: 0.14mg (7.17%), Copper: 0.12mg (6.24%), Vitamin D: 0.7µg (4.67%), Folate: 16.72µg (4.18%), Phosphorus: 38.79mg (3.88%), Fiber: 0.92g (3.66%), Potassium: 127.45mg (3.64%), Vitamin B2: 0.06mg (3.3%), Zinc: 0.4mg (2.65%), Vitamin C: 2.18mg (2.64%), Vitamin B3: 0.53mg (2.63%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (2.07%), Calcium: 19.46mg (1.95%), Magnesium: 6.79mg (1.7%), Vitamin B5: 0.15mg (1.52%), Selenium: 0.74µg (1.05%)