



Patricia Wells's Crunchy Asparagus and Snow Pea Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus green trimmed
- 3 ounces cheese such as gouda, comté, or young asiago, medium dice (3/4 cup)
- 4 servings sea salt
- 3 tablespoons half and half
- 1 tablespoon juice of lemon as needed freshly squeezed plus more
- 2 teaspoons lemon zest finely grated (from 2 medium lemons)
- 2 tablespoons olive oil extra virgin extra-virgin

- 1.5 ounces pancetta cut into 1/2-inch pieces thin
- 0.3 cup almonds salted whole coarsely chopped
- 4 ounces snow peas sliced
- 0.3 cup water

Equipment

- bowl
- frying pan
- knife
- whisk
- tongs
- cutting board

Directions

- Place the asparagus in a large frying pan, add the water, drizzle with the oil, and season with salt. Bring to a lively simmer over medium heat. Reduce the heat to medium low, cover the pan with a tightfitting lid, and simmer until the asparagus is just knife-tender, about 5 to 6 minutes. Using tongs, remove the asparagus to a cutting board and set aside until cool enough to handle. Meanwhile, place the pancetta in a medium frying pan over medium heat. Cook, stirring occasionally, until browned and crisp, about 8 to 9 minutes.
- Transfer to a paper-towel-lined plate; set aside.
- Cut the cooled asparagus into 1-inch pieces and place in a large bowl.
- Add the pancetta, snow peas, cheese, and lemon zest and toss gently to combine.
- Place the half-and-half and measured lemon juice in a small, nonreactive bowl, season with salt, and whisk to combine.
- Add to the salad and toss gently to combine. Taste and season with additional salt or lemon juice as needed. Top with the almonds and sprinkle with the vegetable chips.
- Serve immediately.

Nutrition Facts



■ PROTEIN 15.44% ■ FAT 71.5% ■ CARBS 13.06%

Properties

Glycemic Index:17.25, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:18.465217440025%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 6.7mg, Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 295.33kcal (14.77%), Fat: 24.41g (37.55%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 5.68g (2.06%), Sugar: 4.33g (4.81%), Cholesterol: 32.22mg (10.74%), Sodium: 414.55mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.72%), Vitamin K: 59.13µg (56.32%), Vitamin E: 4.93mg (32.86%), Vitamin C: 26.2mg (31.76%), Vitamin A: 1423.07IU (28.46%), Vitamin B2: 0.41mg (24.12%), Phosphorus: 240.78mg (24.08%), Manganese: 0.46mg (22.85%), Calcium: 228.54mg (22.85%), Folate: 80.49µg (20.12%), Iron: 3.48mg (19.35%), Vitamin B1: 0.26mg (17.56%), Fiber: 4.35g (17.41%), Copper: 0.35mg (17.27%), Selenium: 11.7µg (16.71%), Magnesium: 55.48mg (13.87%), Zinc: 1.92mg (12.82%), Potassium: 409.12mg (11.69%), Vitamin B6: 0.21mg (10.64%), Vitamin B3: 2.06mg (10.3%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.17µg (1.13%)