



Roasted Asparagus, Avocado and Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp agave nectar
- ☐ 5 oz arugula
- ☐ 1 lb asparagus (choose thicker, larger stalks if possible)
- ☐ 1 avocado ripe
- ☐ 3 tbsp olive oil extra virgin divided
- ☐ 1.5 tsp basil fresh finely chopped
- ☐ 1.5 tbsp juice of lemon divided freshly squeezed

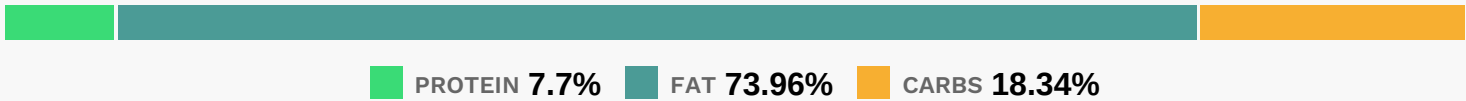
- ☐ 3 tbsp orange juice freshly squeezed
- ☐ 0.3 cup pinenuts
- ☐ 6 servings salt and pepper

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Roasted Asparagus, Avocado and Arugula Salad
- ☐ Ingredients1 bunch (about 1 lb) asparagus (choose thicker, larger stalks if possible)3 tbsp extra virgin olive oil, divided
- ☐ Salt and pepper1/3 cup pine nuts3 tbsp freshly squeezed orange juice1 1/2 tbsp freshly squeezed lemon juice, divided1 1/2 tsp finely chopped fresh basil1 tsp honey or agave nectar1 ripe avocado4 cups arugula (about 5 oz.)
- ☐ Total Time: 20 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:1.42, Inflammation Score:-8, Nutrition Score:15.776521662007%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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: 5.32mg, Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg, Isorhamnetin: 5.32mg Kaempferol:

9.29mg, Kaempferol: 9.29mg, Kaempferol: 9.29mg, Kaempferol: 9.29mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

Nutrients (% of daily need)

Calories: 195.31kcal (9.77%), Fat: 17.34g (26.67%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 204.5mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 74.83µg (71.27%), Manganese: 0.91mg (45.55%), Vitamin A: 1226.82IU (24.54%), Folate: 95.9µg (23.97%), Vitamin E: 3.38mg (22.54%), Vitamin C: 17.17mg (20.82%), Fiber: 4.53g (18.1%), Copper: 0.33mg (16.5%), Iron: 2.64mg (14.66%), Potassium: 469.63mg (13.42%), Magnesium: 51.72mg (12.93%), Vitamin B1: 0.18mg (11.89%), Phosphorus: 114.18mg (11.42%), Vitamin B2: 0.19mg (11.35%), Vitamin B6: 0.19mg (9.39%), Vitamin B3: 1.77mg (8.87%), Vitamin B5: 0.82mg (8.21%), Zinc: 1.23mg (8.19%), Calcium: 63.41mg (6.34%), Selenium: 2.03µg (2.9%)