



Roasted Asparagus Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds asparagus fresh
- 1 avocado sliced
- 0.3 cup balsamic vinegar
- 1 head bibb lettuce
- 1 cup cherry tomatoes halved ()
- 1.5 tablespoons basil fresh divided chopped
- 1 garlic clove minced
- 0.5 teaspoon lemon pepper

- 0.5 cup olive oil divided
- 0.5 cup bell pepper red chopped
- 0.3 cup onion red finely chopped
- 0.5 teaspoon salt divided

Equipment

- bowl
- baking sheet
- oven
- whisk
- peeler

Directions

- Preheat oven to 425
- Snap off and discard tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- Stir together 1 Tbsp. olive oil, 1 1/2 tsp. chopped basil, 1/2 tsp. lemon pepper, and 1/4 tsp. salt in a large bowl.
- Add asparagus to olive oil mixture, and toss gently to coat.
- Place asparagus on a lightly greased baking sheet.
- Bake asparagus at 425 for 13 to 15 minutes or to desired degree of tenderness. Cool 10 minutes.
- Whisk together balsamic vinegar, garlic, and remaining 7 Tbsp. olive oil, 1 Tbsp. basil, and 1/4 tsp. salt.
- Toss together tomatoes, bell pepper, onion, and 1 Tbsp. balsamic vinegar mixture.
- Arrange lettuce on individual serving plates. Top with tomato mixture and asparagus.
- Add avocado just before serving.
- Drizzle with remaining balsamic vinegar mixture.
- Note: To make ahead, toss together tomatoes, bell pepper, and onion without dressing. Store these ready-to-use ingredients in an airtight container in the refrigerator up to five hours. The

dressing and asparagus can also be made up to eight hours before serving.

Nutrition Facts

PROTEIN 11.27% FAT 54.69% CARBS 34.04%

Properties

Glycemic Index:39.13, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:13.283478415531%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 5.1mg, Isorhamnetin: 5.1mg, Isorhamnetin: 5.1mg, Isorhamnetin: 5.1mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg, Quercetin: 13.62mg

Nutrients (% of daily need)

Calories: 99.47kcal (4.97%), Fat: 6.6g (10.16%), Saturated Fat: 0.96g (6%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 154.43mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin K: 65.89µg (62.75%), Vitamin A: 1757.72IU (35.15%), Vitamin C: 24.75mg (30%), Folate: 87.39µg (21.85%), Fiber: 4.15g (16.6%), Vitamin E: 2.16mg (14.42%), Manganese: 0.28mg (14.01%), Iron: 2.49mg (13.85%), Potassium: 422.95mg (12.08%), Copper: 0.24mg (11.78%), Vitamin B1: 0.17mg (11.01%), Vitamin B6: 0.21mg (10.6%), Vitamin B2: 0.18mg (10.56%), Vitamin B3: 1.55mg (7.73%), Phosphorus: 75.6mg (7.56%), Vitamin B5: 0.68mg (6.77%), Magnesium: 26.64mg (6.66%), Zinc: 0.73mg (4.9%), Calcium: 38.57mg (3.86%), Selenium: 2.37µg (3.38%)