



 **100%**  
HEALTH SCORE

## Roasted Asparagus Salad with Chickpeas and Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 ounces asparagus trimmed sliced into 1-inch pieces
- 1 cup chickpeas cooked
- 2 cloves garlic clove unpeeled
- 1 small onion cut into thin wedges
- 2 medium potatoes - remove skin red
- 2 servings pepper black freshly ground to taste

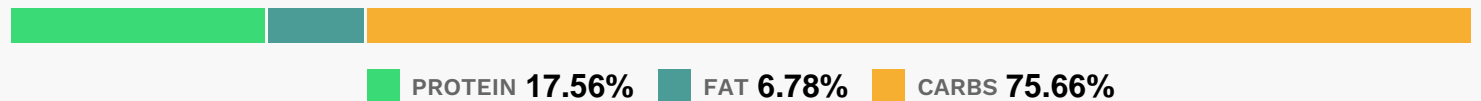
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Place in a large serving bowl along with the chickpeas. While the potatoes are cooking, spread the asparagus on a baking sheet and sprinkle the onion over it. In a corner of the sheet, place the unpeeled garlic cloves. Roast until asparagus is tender yet still crisp, about 15 minutes, stirring once after 7 minutes.
- Remove from oven. Set the garlic aside to cool for a few minutes and put the asparagus into the bowl with the potatoes. When the garlic is cool, peel it and place it in a small bowl. Mash it well with a fork; then stir in the salad dressing.
- Pour the dressing over the asparagus and stir gently to combine. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:73.38, Glycemic Load:6.17, Inflammation Score:-9, Nutrition Score:31.846086792324%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 11.45mg, Isorhamnetin: 11.45mg, Isorhamnetin: 11.45mg, Isorhamnetin: 11.45mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 32.32mg, Quercetin: 32.32mg, Quercetin: 32.32mg, Quercetin: 32.32mg

## Nutrients (% of daily need)

Calories: 336.32kcal (16.82%), Fat: 2.68g (4.12%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 67.28g (22.43%), Net Carbohydrates: 53.17g (19.33%), Sugar: 11.4g (12.66%), Cholesterol: 0mg (0%), Sodium: 49.41mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Vitamin K: 80.57µg (76.74%), Manganese: 1.52mg (76.09%), Folate: 274.59µg (68.65%), Fiber: 14.11g (56.43%), Potassium: 1615.83mg (46.17%), Copper: 0.92mg (45.97%), Iron: 7.7mg (42.77%), Vitamin C: 32.44mg (39.32%), Phosphorus: 371.04mg (37.1%), Vitamin B1: 0.53mg (35.54%), Vitamin B6: 0.71mg (35.52%), Magnesium: 114.45mg (28.61%), Vitamin A: 1324.5IU (26.49%), Vitamin B3: 4.61mg (23.02%), Vitamin B2: 0.37mg (21.79%), Zinc: 2.97mg (19.81%), Vitamin E: 2.24mg (14.94%), Vitamin B5: 1.36mg (13.57%), Selenium: 8.62µg (12.31%), Calcium: 116.23mg (11.62%)