



Roasted Asparagus Salad with Pecorino, Lemon, and Olive Oil

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds asparagus trimmed
- 0.5 teaspoon pepper black divided freshly ground
- 6 cups torn boston lettuce (2 small heads)
- 2 large hard-cooked eggs cut into 6 slices
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin divided
- 1 ounce pecorino romano cheese fresh shaved

0.5 teaspoon sea salt divided fine

Equipment

frying pan

oven

whisk

Directions

Preheat oven to 45

Place asparagus on a large jelly-roll pan.

Drizzle with 1 tablespoon oil, and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper; toss well. Arrange asparagus in a single layer on pan.

Bake at 450 for 8 minutes or until crisp-tender, tossing once. Cool slightly.

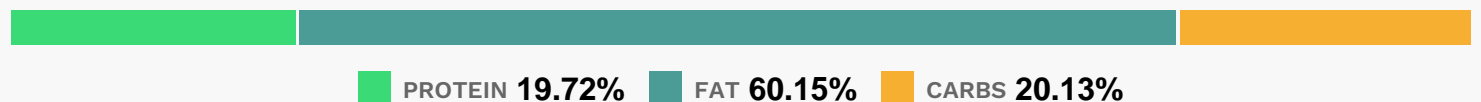
Arrange lettuce on a large platter. Top with asparagus and egg slices.

Combine remaining 2 tablespoons oil, juice, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper, stirring with a whisk.

Drizzle over asparagus and lettuce. Top with cheese.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:18.943913076235%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Quercetin: 22.52mg, Quercetin: 22.52mg, Quercetin: 22.52mg, Quercetin: 22.52mg

Nutrients (% of daily need)

Calories: 144.26kcal (7.21%), Fat: 10.35g (15.92%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 4.01g (1.46%), Sugar: 3.66g (4.07%), Cholesterol: 67.08mg (22.36%), Sodium: 276.9mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin K: 118.69µg (113.04%), Vitamin A: 2906.54IU (58.13%), Folate: 123.82µg (30.95%), Iron: 4.15mg (23.06%), Vitamin B2: 0.35mg (20.48%), Vitamin E: 3mg (19.99%), Manganese: 0.36mg (17.8%), Vitamin B1: 0.26mg (17.26%), Phosphorus: 160.36mg (16.04%), Fiber: 3.78g (15.13%), Copper: 0.3mg (15.03%), Vitamin C: 12.25mg (14.85%), Selenium: 9.61µg (13.73%), Potassium: 456.96mg (13.06%), Calcium: 113.62mg (11.36%), Vitamin B6: 0.21mg (10.28%), Vitamin B3: 1.68mg (8.39%), Zinc: 1.22mg (8.12%), Magnesium: 31.86mg (7.97%), Vitamin B5: 0.75mg (7.51%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.39µg (2.6%)