



## Roasted Asparagus with Chopped Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

## Ingredients

- ☐ 3 pounds asparagus
- ☐ 4 cups baby spinach rinsed
- ☐ 1 teaspoon capers drained
- ☐ 12 olive green pitted coarsely chopped
- ☐ 5 large hardboiled eggs shelled coarsely chopped (see notes)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parsley chopped

☐ 8 servings salt and pepper

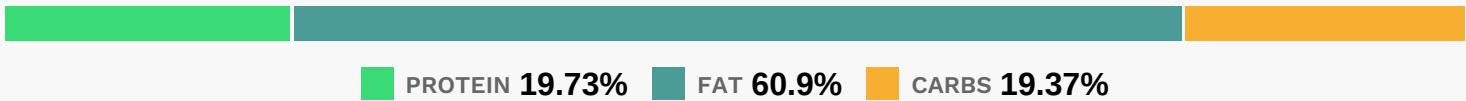
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Rinse asparagus; snap off and discard tough stem ends. In a 12- by 17-inch baking pan, mix asparagus with 2 tablespoons olive oil.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Transfer half the mixture to another 12- by 17-inch baking pan.
- ☐ Bake in a 450 regular or convection oven until asparagus is tender when pierced, 10 to 12 minutes.
- ☐ Meanwhile, in a bowl, mix lemon juice and remaining 2 tablespoons olive oil.
- ☐ Add eggs, olives, capers, and parsley; mix gently to avoid mashing yolks. Season to taste with salt and pepper.
- ☐ Mound arugula on a serving platter. Arrange asparagus on arugula and spoon egg salad over asparagus.

## Nutrition Facts



## Properties

Glycemic Index:12, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:20.750000020732%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 24.82mg, Quercetin: 24.82mg, Quercetin: 24.82mg, Quercetin: 24.82mg

Quercetin: 24.82mg, Quercetin: 24.82mg

Nutrients (% of daily need)

Calories: 155.52kcal (7.78%), Fat: 11.27g (17.33%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3.75g (4.16%), Cholesterol: 116.56mg (38.85%), Sodium: 349.05mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.43%), Vitamin K: 163.91µg (156.11%), Vitamin A: 2963.37IU (59.27%), Folate: 133.81µg (33.45%), Vitamin B2: 0.43mg (25.34%), Iron: 4.56mg (25.31%), Vitamin E: 3.76mg (25.1%), Manganese: 0.41mg (20.71%), Vitamin C: 16.53mg (20.04%), Selenium: 13.75µg (19.64%), Vitamin B1: 0.28mg (18.58%), Copper: 0.36mg (17.77%), Fiber: 4.15g (16.61%), Phosphorus: 150.7mg (15.07%), Potassium: 478.8mg (13.68%), Vitamin B6: 0.23mg (11.32%), Magnesium: 40.26mg (10.07%), Vitamin B5: 0.92mg (9.23%), Vitamin B3: 1.82mg (9.12%), Zinc: 1.34mg (8.95%), Calcium: 76.31mg (7.63%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.69µg (4.58%)