



Shaved Asparagus Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus thick
- 4 servings pepper black freshly ground
- 2 teaspoons champagne vinegar
- 4 servings kosher salt
- 2 teaspoons juice of lemon freshly squeezed (from)
- 0.5 medium lemon zest finely grated
- 3 tablespoons olive oil extra virgin extra-virgin
- 1.5 ounces parmesan packed shaved

- 1 tablespoon parsley fresh italian finely chopped
- 3 tablespoons pinenuts
- 2 tablespoons shallots minced (from 1 medium)

Equipment

- bowl
- frying pan
- whisk
- spatula
- peeler

Directions

- Combine the lemon zest, lemon juice, vinegar, shallot, and a pinch each of salt and pepper in a small bowl.
- Let sit for 15 minutes. Meanwhile, toast the pine nuts in a medium frying pan over medium heat, stirring often, until golden brown, about 5 minutes.
- Remove to a small bowl to cool. Using a vegetable peeler, thinly slice the asparagus lengthwise into strips and place in a large bowl. (If you have trouble peeling the final portion of an asparagus spear, prop the spear up on the flat wooden handle of a spatula or spoon. This will raise it just high enough to allow the peeler to move freely.)
- Whisk the olive oil into the lemon-vinegar mixture in a thin and steady stream. Taste and season the dressing with salt and pepper as needed.
- Add the cooled pine nuts, dressing, half of the Parmesan, and all of the parsley to the asparagus and toss with your hands to combine. Taste and season with salt and pepper.
- Let sit at least 10 minutes before serving.
- Serve topped with the remaining Parmesan cheese slices.

Nutrition Facts

  

 PROTEIN 13.36%  FAT 74.2%  CARBS 12.44%

Properties

Glycemic Index:38.25, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:15.212608569342%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 213.24kcal (10.66%), Fat: 18.54g (28.52%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.98g (3.31%), Cholesterol: 7.23mg (2.41%), Sodium: 368.18mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin K: 74.32µg (70.78%), Manganese: 0.87mg (43.62%), Vitamin E: 3.53mg (23.55%), Vitamin A: 1028.01IU (20.56%), Phosphorus: 180.1mg (18.01%), Iron: 3.14mg (17.44%), Folate: 66.1µg (16.52%), Copper: 0.33mg (16.27%), Calcium: 159.49mg (15.95%), Vitamin B1: 0.2mg (13.24%), Vitamin B2: 0.22mg (12.67%), Vitamin C: 10.09mg (12.23%), Fiber: 2.96g (11.86%), Magnesium: 41.47mg (10.37%), Zinc: 1.42mg (9.5%), Potassium: 312.08mg (8.92%), Vitamin B3: 1.5mg (7.48%), Selenium: 5.13µg (7.32%), Vitamin B6: 0.14mg (7.04%), Vitamin B5: 0.41mg (4.08%), Vitamin B12: 0.13µg (2.13%)