



WHATShEATE



Shaved Asparagus with Parmesan Vinaigrette



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears trimmed peeled
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan finely grated for shaving plus a piece

Equipment

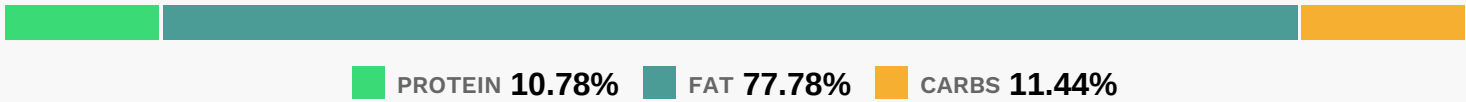
- ☐ bowl
- ☐ whisk

☐ peeler

Directions

- ☐ Working with 1 asparagus spear at a time, use a vegetable peeler to shave spears into long, thin shavings.
- ☐ Transfer to a medium bowl (the tips will snap off as spears get thinner; add to bowl).
- ☐ Combine grated Parmesan and lemon juice in a small bowl and slowly whisk in oil until well blended. Season vinaigrette generously with salt and pepper.
- ☐ Drizzle vinaigrette over shaved asparagus and toss to coat. Divide asparagus salad among plates. Use peeler to shave more Parmesan over salad.

Nutrition Facts



Properties

Glycemic Index: 22.75, Glycemic Load: 0.71, Inflammation Score: -7, Nutrition Score: 10.606086853406%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 168.01kcal (8.4%), Fat: 15.27g (23.49%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 2.63g (0.96%), Sugar: 2.32g (2.58%), Cholesterol: 4.25mg (1.42%), Sodium: 102.74mg (4.47%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin K: 55.57µg (52.92%), Vitamin E: 3.25mg (21.66%), Vitamin A: 906.99IU (18.14%), Folate: 60.55µg (15.14%), Iron: 2.57mg (14.27%), Vitamin B1: 0.17mg (11.07%), Copper: 0.22mg (10.93%), Vitamin B2: 0.18mg (10.69%), Vitamin C: 8.53mg (10.34%), Phosphorus: 102.95mg (10.3%), Calcium: 102.13mg (10.21%), Fiber: 2.42g (9.69%), Manganese: 0.19mg (9.69%), Potassium: 242.07mg (6.92%), Selenium: 4.02µg (5.75%), Vitamin B3: 1.13mg (5.66%), Vitamin B6: 0.11mg (5.59%), Zinc: 0.79mg (5.25%), Magnesium: 19.13mg (4.78%), Vitamin B5: 0.35mg (3.48%), Vitamin B12: 0.08µg (1.25%)