



Spring Asparagus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds asparagus fresh trimmed cut into 2-inch pieces
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 teaspoon red wine vinegar
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed
- ☐ 1 teaspoon soya sauce

☐

1 teaspoon sugar white

Equipment

☐

bowl

☐

whisk

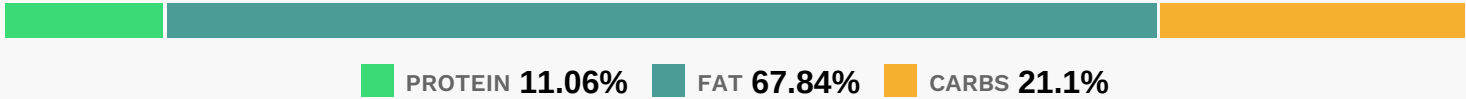
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pot

Directions

- ☐
- Whisk together the rice vinegar, red wine vinegar, soy sauce, sugar, and mustard.
- ☐
- Drizzle in the peanut oil and sesame oil while whisking vigorously to emulsify. Set aside.
- ☐
- Bring a pot of lightly-salted water to a boil.
- ☐
- Add the asparagus to the water and cook 3 to 5 minutes until just tender, but still mostly firm.
- ☐
- Remove and rinse under cold water to stop from cooking any further.
- ☐
- Place the asparagus in a large bowl and drizzle the dressing over the asparagus. Toss until evenly coated.
- ☐
- Sprinkle with sesame seeds to serve.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:14.22565246665%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 144.77kcal (7.24%), Fat: 11.74g (18.07%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 4.35g (1.58%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 101.35mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin K: 71.3µg (67.91%), Vitamin A: 1287IU (25.74%), Folate: 90.75µg (22.69%), Iron: 4mg (22.2%), Vitamin E: 3.08mg (20.53%), Copper: 0.41mg (20.33%), Vitamin B1: 0.26mg

(17.49%), Manganese: 0.33mg (16.67%), Fiber: 3.87g (15.5%), Vitamin B2: 0.25mg (14.59%), Vitamin C: 9.54mg (11.56%), Phosphorus: 104.59mg (10.46%), Potassium: 358.6mg (10.25%), Vitamin B3: 1.82mg (9.1%), Vitamin B6: 0.17mg (8.72%), Magnesium: 32.12mg (8.03%), Zinc: 1.09mg (7.26%), Selenium: 5.06µg (7.23%), Calcium: 61.74mg (6.17%), Vitamin B5: 0.48mg (4.76%)