



Sunflower Sprouts Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 head boston lettuce separated
- ☐ 0.3 cup champagne vinegar
- ☐ 0.5 cup cucumber english thinly sliced
- ☐ 1 garlic clove minced
- ☐ 4 ounces goat cheese soft (chèvre)
- ☐ 4 servings ice cubes

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup radishes thinly sliced
- ☐ 1 shallots minced
- ☐ 8 ounces sunflower sprouts (see Notes)
- ☐ 1 cup bell pepper yellow thinly sliced

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ In a small bowl, whisk together shallot, garlic, vinegar, olive oil, salt, and pepper. Set aside.
- ☐ Bring 4 cups water to a boil in a medium saucepan.
- ☐ Cut off and discard bottom halves of asparagus spears.
- ☐ Cut tops into 2-in. lengths. Cook asparagus until barely tender, about 3 minutes.
- ☐ Drain in a colander and transfer to a large bowl of ice and cold water. When cool, drain and set aside.
- ☐ In a large bowl, combine lettuce leaves and sprouts.
- ☐ Add half of the reserved vinaigrette and toss carefully just until coated. Divide lettuce and sprouts among 4 plates, starting with the largest leaves for the bottom layer.
- ☐ Sprinkle each pile of greens with asparagus, cucumber, bell pepper, and radishes.
- ☐ Drizzle the vegetables with a little more vinaigrette.
- ☐ Place 1 tbsp. goat cheese on each salad and serve with remaining vinaigrette and sea salt for sprinkling if you like.

Nutrition Facts



 **PROTEIN 19.2%**  **FAT 59.68%**  **CARBS 21.12%**

Properties

Glycemic Index:39, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:22.236087161562%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 17.37mg, Quercetin: 17.37mg, Quercetin: 17.37mg, Quercetin: 17.37mg

Nutrients (% of daily need)

Calories: 176.63kcal (8.83%), Fat: 14.39g (22.14%), Saturated Fat: 4.96g (31%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 7.05g (2.57%), Sugar: 3.76g (4.17%), Cholesterol: 13.04mg (4.35%), Sodium: 701.69mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin C: 79.53mg (96.4%), Vitamin K: 95.41µg (90.87%), Vitamin A: 2590.63IU (51.81%), Iron: 6.61mg (36.71%), Folate: 108.53µg (27.13%), Copper: 0.5mg (25.14%), Manganese: 0.42mg (20.77%), Vitamin B2: 0.31mg (18.51%), Fiber: 4.4g (17.62%), Phosphorus: 166.44mg (16.64%), Vitamin B6: 0.32mg (15.86%), Vitamin B1: 0.23mg (15.1%), Vitamin E: 2.19mg (14.62%), Potassium: 498.49mg (14.24%), Calcium: 98.74mg (9.87%), Magnesium: 36.42mg (9.1%), Vitamin B3: 1.78mg (8.89%), Zinc: 1.13mg (7.55%), Vitamin B5: 0.71mg (7.11%), Selenium: 4.08µg (5.83%)