



HEALTH SCORE

79%

Warm roast asparagus salad



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



952 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g asparagus
- ☐ 4 tomatoes ripe
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 12 bacon thin
- ☐ 1 tsp clear honey
- ☐ 16 small potatoes
- ☐ 2 tbsp red wine vinegar
- ☐ 2 tbsp olive oil extra virgin extra-virgin

- ☐ 1 tsp dijon mustard
- ☐ 100 g baby spinach

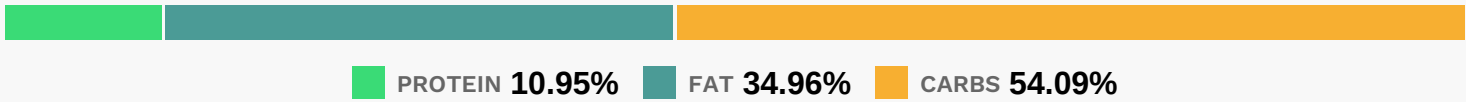
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 200C/Gas 6/fan 180C. Snap off the woody ends of the asparagus and discard. Arrange the asparagus in a single layer in a baking tray with sides.
- ☐ Cut the tomatoes in half widthways, nestle them in with the asparagus, season with sea salt and pepper and drizzle with olive oil.
- ☐ Roll each bacon rasher into a tight roll (if large, first cut in half crosswise), and arrange in the tray.
- ☐ Drizzle the bacon rolls with the honey and bake for 20 minutes until the tomatoes are soft and the bacon is crisp.
- ☐ In the meantime, boil the potatoes until tender.
- ☐ Whisk the vinegar, olive oil, mustard, some sea salt and pepper in a large bowl until blended. Toss the rocket or spinach leaves in half of the dressing, and arrange on a large serving platter.
- ☐ Drain the potatoes and cut in half. Gently toss them in the rest of the dressing, and arrange on the platter with the asparagus. Tuck in the tomatoes and bacon.

Nutrition Facts



Properties

Glycemic Index:67.51, Glycemic Load:89.8, Inflammation Score:-10, Nutrition Score:52.853043504383%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg Kaempferol: 8.88mg, Kaempferol: 8.88mg, Kaempferol: 8.88mg, Kaempferol: 8.88mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 23.94mg, Quercetin: 23.94mg, Quercetin: 23.94mg, Quercetin: 23.94mg

Nutrients (% of daily need)

Calories: 952.03kcal (47.6%), Fat: 37.84g (58.22%), Saturated Fat: 10.5g (65.65%), Carbohydrates: 131.71g (43.9%), Net Carbohydrates: 112.04g (40.74%), Sugar: 12.45g (13.83%), Cholesterol: 43.56mg (14.52%), Sodium: 520.75mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.35%), Vitamin C: 164.89mg (199.86%), Vitamin K: 201.73µg (192.12%), Vitamin B6: 2.44mg (122.19%), Potassium: 3682.79mg (105.22%), Vitamin A: 4352.75IU (87.05%), Manganese: 1.62mg (80.98%), Fiber: 19.67g (78.67%), Vitamin B1: 0.97mg (64.82%), Folate: 240.87µg (60.22%), Vitamin B3: 11.97mg (59.82%), Phosphorus: 591.43mg (59.14%), Copper: 1.11mg (55.29%), Magnesium: 216.03mg (54.01%), Iron: 9.38mg (52.1%), Vitamin B2: 0.52mg (30.55%), Vitamin E: 4.45mg (29.68%), Vitamin B5: 2.85mg (28.52%), Selenium: 18.87µg (26.96%), Zinc: 3.78mg (25.21%), Calcium: 153.39mg (15.34%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.26µg (1.76%)