



White Asparagus with Truffle Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 1 sprigs chives fresh chopped
- ☐ 0.5 teaspoon kosher salt for sprinkling
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 1.5 tablespoons truffle oil
- ☐ 15 gram truffle oil black finely minced (1 inch in diameter)
- ☐ 4.5 tablespoons walnut oil
- ☐ 1.5 pound asparagus white trimmed peeled

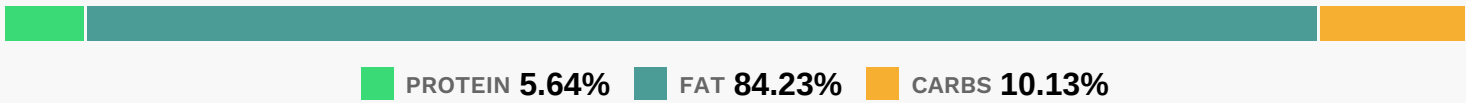
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ tongs

Directions

- ☐ Whisk together vinegar, lemon juice, truffle, kosher salt, and pepper to taste.
- ☐ Add oil in a slow stream, whisking.
- ☐ Whisk in broth and season with more salt and pepper if necessary.
- ☐ Arrange asparagus on a steamer rack and sprinkle with kosher salt to taste. Steam asparagus, covered, over boiling water until tender, about 10 minutes for white (4 to 6 for green).
- ☐ Transfer asparagus with tongs to paper towels and pat dry. Divide among 4 plates, then spoon vinaigrette over and serve warm.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:13.696086925009%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.71mg, Isorhamnetin: 9.71mg, Isorhamnetin: 9.71mg, Isorhamnetin: 9.71mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg

Nutrients (% of daily need)

Calories: 254.37kcal (12.72%), Fat: 24.96g (38.4%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 3.17g (1.15%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 294.74mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin K: 79.07µg (75.31%), Vitamin A: 1296.93IU (25.94%), Folate: 89.09µg (22.27%), Vitamin E: 3.28mg (21.9%), Iron: 3.72mg (20.69%), Vitamin B1: 0.24mg (16.26%), Copper:

0.32mg (16.15%), Fiber: 3.58g (14.34%), Vitamin B2: 0.24mg (14.14%), Manganese: 0.27mg (13.66%), Vitamin C: 10.42mg (12.64%), Potassium: 348.61mg (9.96%), Phosphorus: 89.2mg (8.92%), Vitamin B3: 1.67mg (8.33%), Vitamin B6: 0.16mg (7.8%), Zinc: 0.92mg (6.16%), Magnesium: 24.26mg (6.07%), Selenium: 3.92µg (5.6%), Vitamin B5: 0.47mg (4.69%), Calcium: 41.77mg (4.18%)