



Zesty Marinated Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh trimmed cut into 2 1/2 inch pieces
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon kosher salt
- 2 teaspoons lemon zest grated
- 1.5 cups balsamic vinaigrette salad dressing

Equipment

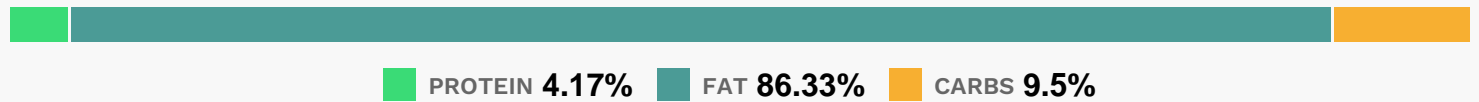
- bowl

- pot
- ziploc bags

Directions

- Bring a large pot of salted water to a boil. Blanch asparagus just until tender, about 1 minute. Plunge into a bowl of cold water to cool.
- Drain asparagus and place in a large resealable plastic bag.
- Pour in vinaigrette and seal bag. Refrigerate at least 3 hours, turning bag occasionally.
- Just before serving, drain asparagus, reserving vinaigrette. Arrange on a serving platter and sprinkle with lemon zest, parsley, salt, and pepper.
- Serve reserved vinaigrette in a small dish on the side.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:19.98043487383%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg

Nutrients (% of daily need)

Calories: 468.74kcal (23.44%), Fat: 47.28g (72.74%), Saturated Fat: 8.63g (53.94%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 6.64g (2.42%), Sugar: 6.68g (7.43%), Cholesterol: 0mg (0%), Sodium: 298.37mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin K: 248.88µg (237.03%), Vitamin E: 6.92mg (46.12%), Vitamin A: 2032.35IU (40.65%), Folate: 123.81µg (30.95%), Iron: 5.12mg (28.45%), Vitamin C: 18.98mg (23%), Copper: 0.44mg (21.94%), Vitamin B1: 0.33mg (21.89%), Fiber: 5.06g (20.22%), Manganese: 0.4mg (19.85%), Vitamin B2: 0.32mg (19.1%), Potassium: 491.39mg (14.04%), Phosphorus: 120.62mg (12.06%), Vitamin B3: 2.27mg (11.37%), Vitamin B6: 0.21mg (10.61%), Selenium: 6.74µg (9.63%), Magnesium: 34.21mg (8.55%), Zinc: 1.27mg (8.47%), Vitamin B5: 0.64mg (6.43%), Calcium: 62.23mg (6.22%)