

Asparagus Vinaigrette

*The Crystal River Inn - San Marcos, TX
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*3 pounds fresh asparagus
1/4 cup white wine vinegar
1 1/2 cups extra-virgin olive oil
1 tablespoon capers
1 tablespoon fresh parsley, finely chopped
1 tablespoon shallots
1/2 teaspoon sugar
1/2 teaspoon Dijon mustard
freshly ground pepper (to taste)*

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Steam the asparagus until it is brilliant green, 4 to 6 minutes. Plunge into cold water and let drain in a towel. Chill.

In a bowl, combine the vinegar, olive oil, capers, parsley, shallots, sugar, Dijon mustard and pepper.

About one hour before serving, toss the asparagus in the vinaigrette to marinate.

Serve well chilled.

Per Serving (excluding unknown items): 534 Calories; 54g Fat (87.9% calories from fat); 5g Protein; 12g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Lean Meat; 2 Vegetable; 11 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	534	Vitamin B6 (mg):	.3mg
% Calories from Fat:	87.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	8.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	54g	Folacin (mcg):	292mcg
Saturated Fat (g):	7g	Niacin (mg):	3mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0

Protein (g): 5g
Sodium (mg): 23mg
Potassium (mg): 640mg
Calcium (mg): 50mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 31mg
Vitamin A (i.u.): 1564IU
Vitamin A (r.e.): 155 1/2RE

Lean Meat: 0
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 534 **Calories from Fat:** 470

% Daily Values*

Total Fat	54g	84%
Saturated Fat	7g	37%
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrates	12g	4%
Dietary Fiber	5g	19%
Protein	5g	
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Vitamin A		31%
Vitamin C		52%
Calcium		5%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.