

CACTUS ASPARAGUS SALAD

Servings | Prep Time | Total Time

2 10 min 10 min

INGREDIENTS

- 8 ounces Pickled Cactus (Nopales)
- 8 ounce Asparagus
- 2 ounce Peppers, sweet, yellow, raw
- 8 each Grape Tomatoes
- 2 tbsp Avocado Oil
- 1 tbsp Lime juice
- 1/2 tsp Sea Salt

DIRECTIONS

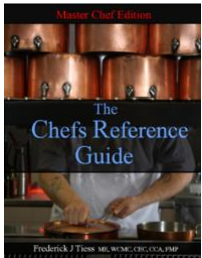
1. Measure all ingredients
2. Blanch and shock asparagus, cut into thirds
3. Mince yellow peppers and slice the tomatoes
4. Toss with rest of the ingredients and serve.

SERVE WITH

3 ounces of Chicken breast marinated in Pollo Loco Rub – Pan Seared until the internal temperature reaches 165°, rest then slice.

(Recipe 1120 in the Chefs Reference Guide: Master Chef Edition)

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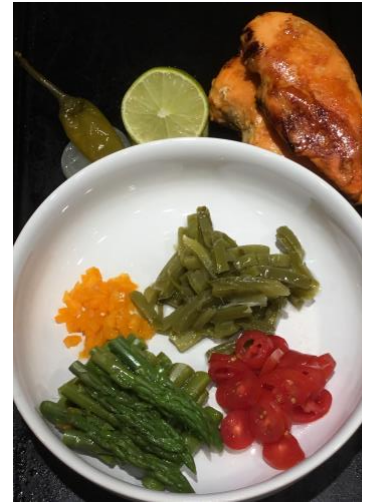


Meal Micronutrients- Value %

Carbohydrates	10%	5 Net Carbs or 7.5%
Fat	55%	To increase fat drizzle with Olive Oil
Protein	34%	Use free range chickens

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Nutrition Facts

Servings 2.0

Amount Per Serving

calories 158

% Daily Value *

Total Fat 14 g	25 %
Saturated Fat 2 g	43 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	30 %
Sodium 451 mg	13 %
Potassium 227 mg	1 %
Total Carbohydrate 8 g	2 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 2 g	20 %
Vitamin A	9 %
Vitamin C	0 %
Calcium	5 %
Iron	4 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

