



Asian Inspired Grilled Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



37 kcal

SIDE DISH

Ingredients



1 bunch asparagus fresh trimmed



1 tablespoon sesame oil



1 tablespoon soya sauce

Equipment



bowl



whisk



baking pan

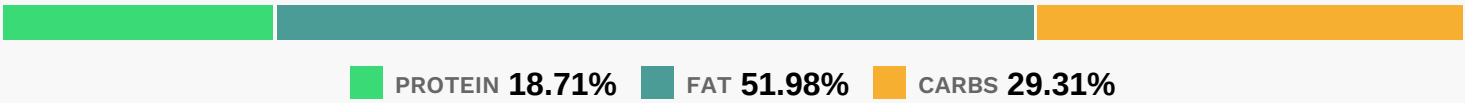


grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Grill asparagus on preheated grill until they turn bright green and have grill marks, about 5 minutes per side.
- ☐ Transfer to baking dish.
- ☐ Whisk soy sauce and sesame oil together in a bowl; pour over cooked asparagus. Marinate in refrigerator for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:5.8543479079786%

Flavonoids

Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 37.43kcal (1.87%), Fat: 2.43g (3.73%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 1.48g (0.54%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 169.08mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin K: 31.52µg (30.02%), Vitamin A: 567IU (11.34%), Folate: 39.54µg (9.89%), Iron: 1.68mg (9.31%), Copper: 0.15mg (7.29%), Vitamin B1: 0.11mg (7.27%), Manganese: 0.13mg (6.67%), Vitamin B2: 0.11mg (6.49%), Fiber: 1.6g (6.4%), Vitamin E: 0.88mg (5.87%), Vitamin C: 4.2mg (5.09%), Potassium: 157.86mg (4.51%), Phosphorus: 42.9mg (4.29%), Vitamin B3: 0.85mg (4.26%), Vitamin B6: 0.07mg (3.71%), Magnesium: 11.7mg (2.92%), Zinc: 0.42mg (2.79%), Selenium: 1.75µg (2.5%), Vitamin B5: 0.22mg (2.17%), Calcium: 18.6mg (1.86%)