



Asparagus Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind fresh grated
- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 teaspoon salt

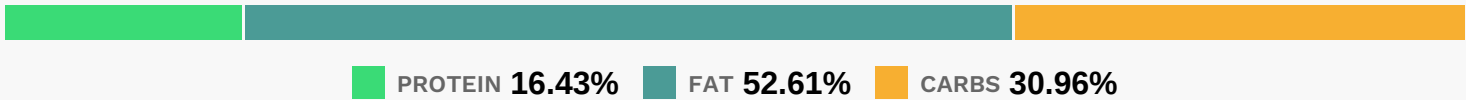
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine 2 teaspoons olive oil and next 4 ingredients in a small bowl; stir well with a whisk, and set aside.
- ☐ Drizzle remaining 1 teaspoon olive oil over asparagus.
- ☐ Place asparagus on grill rack coated with cooking spray; grill 6 minutes or until crisp-tender.
- ☐ Place asparagus on a serving platter, and sprinkle evenly with salt and pepper.
- ☐ Drizzle lemon-parsley mixture over asparagus.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:9.8869565362516%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 55.36kcal (2.77%), Fat: 3.65g (5.62%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.22g (2.46%), Cholesterol: 0mg (0%), Sodium: 148.36mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin K: 65.79µg (62.66%), Vitamin A: 942.18IU (18.84%),

Folate: 61.04µg (15.26%), Iron: 2.53mg (14.03%), Vitamin E: 1.8mg (11.99%), Vitamin C: 9.09mg (11.01%), Vitamin B1: 0.16mg (10.97%), Copper: 0.22mg (10.93%), Fiber: 2.47g (9.89%), Manganese: 0.2mg (9.78%), Vitamin B2: 0.16mg (9.53%), Potassium: 239.98mg (6.86%), Phosphorus: 60.45mg (6.04%), Vitamin B3: 1.13mg (5.64%), Vitamin B6: 0.11mg (5.53%), Zinc: 0.63mg (4.2%), Magnesium: 16.77mg (4.19%), Selenium: 2.67µg (3.81%), Vitamin B5: 0.32mg (3.22%), Calcium: 30.16mg (3.02%)