



Asparagus on the Grill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



43 kcal

SIDE DISH

Ingredients



1.5 lb asparagus fresh



6 servings salt and pepper to taste



1 tablespoon vegetable oil

Equipment



grill

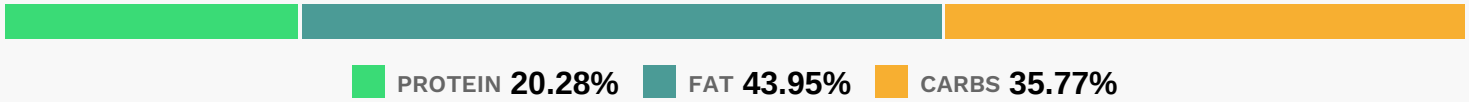


wok

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Brush asparagus with oil; sprinkle with salt and pepper.
- ☐ Place on grill or in grill basket (grill wok).
- ☐ Place on grill over medium heat. Cover grill; cook 5 minutes. Turn asparagus or shake basket to turn asparagus; cook 3 to 4 minutes longer or until lightly browned and crisp-tender.
- ☐ Place asparagus on serving platter.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:8.7826087163842%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 42.72kcal (2.14%), Fat: 2.4g (3.7%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 2.02g (0.73%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 196.06mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin K: 51.34µg (48.9%), Vitamin A: 857.29IU (17.15%), Folate: 58.97µg (14.74%), Iron: 2.43mg (13.49%), Vitamin B1: 0.16mg (10.81%), Copper: 0.21mg (10.72%), Vitamin E: 1.47mg (9.78%), Fiber: 2.38g (9.53%), Vitamin B2: 0.16mg (9.41%), Manganese: 0.18mg (8.98%), Vitamin C: 6.35mg (7.7%), Potassium: 229.1mg (6.55%), Phosphorus: 58.97mg (5.9%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.61mg (4.09%), Magnesium: 15.88mg (3.97%), Selenium: 2.61µg (3.73%), Vitamin B5: 0.31mg (3.11%), Calcium: 27.34mg (2.73%)