



Drunken Grilled Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh trimmed
- ☐ 1 tablespoon brown mustard prepared
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 cup burgundy wine

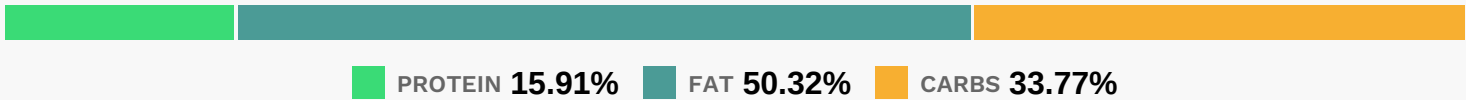
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ In a medium bowl, whisk together Burgundy wine, olive oil, brown mustard, garlic powder, black pepper and salt.
- ☐ Place asparagus in a large glass bowl, and cover with the Burgundy wine mixture. Cover bowl, and marinate asparagus in the refrigerator at least 2 hours, turning occasionally.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate.
- ☐ Grill asparagus 10 minutes, or to desired tenderness.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:9.3569565130317%

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: 81.34kcal (4.07%), Fat: 3.73g (5.74%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.4g (2.66%), Cholesterol: 0mg (0%), Sodium: 149.46mg (6.5%), Alcohol: 3.12g (100%), Alcohol %: 2.67% (100%), Protein: 2.66g (5.31%), Vitamin K: 49.5µg (47.14%), Vitamin A: 858.05IU (17.16%), Folate: 59.87µg (14.97%), Iron: 2.61mg (14.53%), Manganese: 0.24mg (12.12%), Vitamin E: 1.8mg (12.01%), Vitamin B1: 0.17mg (11.16%), Copper: 0.22mg (11.09%), Fiber: 2.48g (9.91%), Vitamin B2: 0.17mg (9.89%), Vitamin C: 6.37mg (7.72%), Potassium: 266.81mg (7.62%), Phosphorus: 68.79mg (6.88%), Vitamin B6: 0.13mg (6.35%), Vitamin B3: 1.18mg (5.88%), Magnesium: 20.61mg (5.15%), Selenium: 3.28µg (4.69%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.33mg (3.28%), Calcium: 31.26mg (3.13%)