

Griddled asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



22 kcal

SIDE DISH

Ingredients



600 g asparagus



1 drops vegetable oil



3 drops balsamic vinegar

Equipment



frying pan



knife

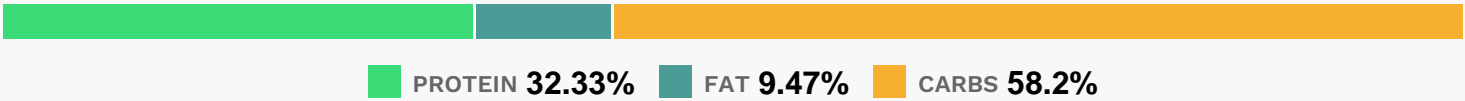


tongs

Directions

- ☐ Cut (or break) off the woody ends from the asparagus. Boil the spears in a large pan of salted water for 3 minutes.
- ☐ Drain, then plunge the spears into ice-cold water to stop the cooking and set the colour. Pat the asparagus dry.
- ☐ Oil the spears lightly. Leave a large cast-iron griddle over a high heat until its very hot, then arrange the spears on it in a single layer. (You may have to griddle the asparagus in two batches.) Reduce the heat to medium and cook the spears for 3-4 minutes. Turn them with tongs and cook for a few more minutes, or until the spears are tender to the point of a knife and lightly gilded.
- ☐ Transfer the asparagus to a serving platter and sprinkle on a few drops of balsamic vinegar.
- ☐ Serve while still hot, although the spears will also taste very good at room temperature.
- ☐ To get ahead, you can prepare the asparagus to the end of step 1 and keep refrigerated for up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:7.563478200332%

Flavonoids

Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg

Nutrients (% of daily need)

Calories: 21.91kcal (1.1%), Fat: 0.29g (0.44%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.95g (2.17%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin K: 41.91µg (39.91%), Vitamin A: 756IU (15.12%), Folate: 52µg (13%), Iron: 2.14mg (11.91%), Vitamin B1: 0.14mg (9.53%), Copper: 0.19mg (9.46%), Fiber: 2.1g (8.4%), Vitamin B2: 0.14mg (8.29%), Manganese: 0.16mg (7.93%), Vitamin E: 1.14mg (7.62%), Vitamin C: 5.6mg (6.79%), Potassium: 202.56mg (5.79%), Phosphorus: 52.1mg (5.21%), Vitamin B3: 0.98mg (4.89%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.54mg (3.6%), Magnesium: 14.06mg (3.52%), Selenium: 2.3µg (3.29%), Vitamin B5: 0.27mg (2.74%), Calcium: 24.14mg (2.41%)