



Grilled Asian Asparagus

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



124 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh trimmed
- 0.5 cup hoisin sauce
- 5 servings sesame seed

Equipment

- grill
- ziploc bags

Directions

- Place asparagus and hoisin sauce into a resealable plastic bag and shake several times to coat asparagus with sauce. Allow to stand at least 30 minutes. For best flavor, refrigerate and marinate overnight.
- Preheat an outdoor grill for medium heat and lightly oil the grate.
- Remove asparagus from bag and shake off excess hoisin sauce; lay asparagus spears onto the grill and cook, turning every 1 to 2 minutes, until all sides of the spears show grill marks and hoisin sauce has caramelized onto the asparagus, 4 to 6 minutes.
- Transfer asparagus to a serving platter and sprinkle with sesame seeds to serve.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:11.2843477415%

Flavonoids

Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

Nutrients (% of daily need)

Calories: 124.48kcal (6.22%), Fat: 5.01g (7.71%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 13.9g (5.06%), Sugar: 9.24g (10.26%), Cholesterol: 0.82mg (0.28%), Sodium: 448.19mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin K: 37.88µg (36.07%), Copper: 0.53mg (26.66%), Manganese: 0.41mg (20.5%), Iron: 3.38mg (18.8%), Folate: 61.26µg (15.31%), Fiber: 3.62g (14.48%), Vitamin A: 688.2IU (13.76%), Vitamin B1: 0.19mg (12.94%), Vitamin B2: 0.21mg (12.2%), Magnesium: 47.38mg (11.85%), Calcium: 108.57mg (10.86%), Phosphorus: 107.94mg (10.79%), Vitamin B6: 0.16mg (8.14%), Zinc: 1.2mg (7.99%), Vitamin B3: 1.57mg (7.85%), Selenium: 5.33µg (7.62%), Vitamin E: 1.12mg (7.48%), Potassium: 253.42mg (7.24%), Vitamin C: 5.19mg (6.29%), Vitamin B5: 0.27mg (2.71%)