



## Grilled Asparagus

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 1 lb asparagus spears fresh trimmed
- 0.3 cup balsamic vinaigrette dressing kraft
- 1 Tbsp parmesan cheese grated kraft

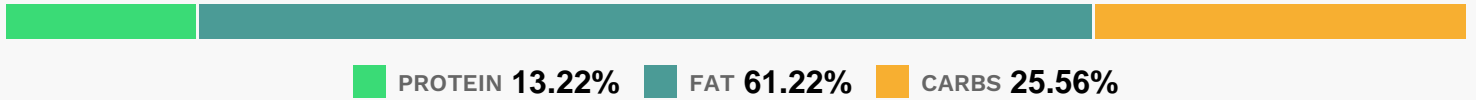
### Equipment

- grill

### Directions

- Heat grill to medium-high heat.
- Pour dressing over asparagus in shallow dish; turn to evenly coat asparagus with dressing.
- Remove asparagus, reserving dressing in dish.
- Grill asparagus 5 min. or until crisp-tender, turning and brushing occasionally with reserved dressing.
- Serve topped with cheese.

## Nutrition Facts



### Properties

Glycemic Index:2.13, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.330434763966%

### Flavonoids

Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

### Nutrients (% of daily need)

Calories: 21.87kcal (1.09%), Fat: 1.57g (2.42%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.7g (0.78%), Cholesterol: 0.29mg (0.1%), Sodium: 41.84mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin K: 12.59µg (11.99%), Vitamin A: 231.49IU (4.63%), Folate: 15.74µg (3.94%), Iron: 0.65mg (3.6%), Vitamin B1: 0.04mg (2.89%), Copper: 0.06mg (2.86%), Vitamin B2: 0.04mg (2.58%), Fiber: 0.63g (2.54%), Manganese: 0.05mg (2.4%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.69mg (2.05%), Phosphorus: 17.84mg (1.78%), Potassium: 61.7mg (1.76%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.03mg (1.39%), Zinc: 0.18mg (1.18%), Selenium: 0.81µg (1.16%), Magnesium: 4.35mg (1.09%), Calcium: 10.6mg (1.06%)