



Grilled Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh
- 1 teaspoon balsamic vinegar
- 1 teaspoon lemon rind grated
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

Equipment

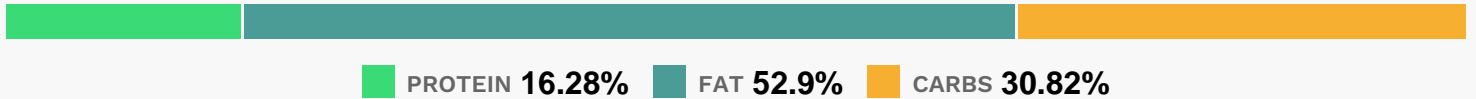
- grill

ziploc bags

Directions

- Snap off and discard tough ends of asparagus.
- Combine olive oil, balsamic vinegar, salt, and pepper in a shallow dish or large zip-top plastic bag; add asparagus, turning to coat.
- Remove asparagus from oil mixture.
- Grill asparagus, covered with grill lid, over medium-high heat (350 to 400°F)
- to 4 minutes or until tender, turning once.
- Remove asparagus, and sprinkle evenly with grated lemon rind; serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:8.9295651912689%

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: 55.27kcal (2.76%), Fat: 3.64g (5.6%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 2.31g (0.84%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 148.02mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin K: 49.49µg (47.13%), Vitamin A: 858.22IU (17.16%), Folate: 59.05µg (14.76%), Iron: 2.47mg (13.74%), Vitamin E: 1.79mg (11.92%), Copper: 0.22mg (10.84%), Vitamin B1: 0.16mg (10.84%), Fiber: 2.47g (9.86%), Manganese: 0.2mg (9.86%), Vitamin B2: 0.16mg (9.44%), Vitamin C: 7mg (8.48%), Potassium: 232.99mg (6.66%), Phosphorus: 59.46mg (5.95%), Vitamin B3: 1.11mg (5.56%), Vitamin B6: 0.1mg (5.22%), Zinc: 0.62mg (4.11%), Magnesium: 16.32mg (4.08%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.31mg (3.14%), Calcium: 28.9mg (2.89%)