



Grilled Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

Ingredients



1.5 lb asparagus trimmed



4 servings kosher salt



2 tablespoons olive oil extra virgin extra-virgin

Equipment



grill



skewers

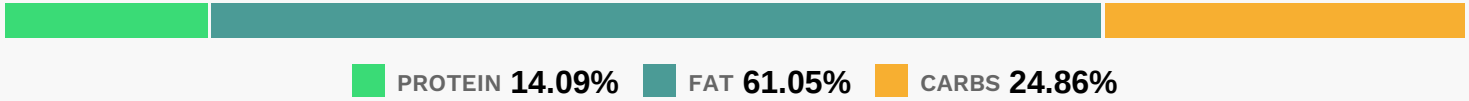


grill pan

Directions

- ☐ Prepare grill.
- ☐ Divide asparagus into 4 bunches. Align each bunch in a flat row and thread 2 skewers crosswise through each bunch (see photo, above).
- ☐ Brush asparagus with oil and season with kosher salt.
- ☐ Grill asparagus on an oiled rack set 5 to 6 inches over glowing coals until tender, 3 to 5 minutes on each side.
- ☐ • The parallel skewers make it easier to turn the asparagus. • If outdoor grilling isn't an option, asparagus may also be grilled in a well-seasoned ridged grill pan over moderately high heat.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:13.307826145836%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 95.9kcal (4.79%), Fat: 7.2g (11.08%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 3.03g (1.1%), Sugar: 3.2g (3.55%), Cholesterol: 0mg (0%), Sodium: 197.33mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin K: 74.97µg (71.4%), Vitamin A: 1285.93IU (25.72%), Folate: 88.45µg (22.11%), Iron: 3.68mg (20.45%), Vitamin E: 2.93mg (19.53%), Vitamin B1: 0.24mg (16.22%), Copper: 0.32mg (16.08%), Fiber: 3.57g (14.29%), Vitamin B2: 0.24mg (14.11%), Manganese: 0.27mg (13.46%), Vitamin C: 9.53mg (11.55%), Potassium: 343.71mg (9.82%), Phosphorus: 88.45mg (8.85%), Vitamin B3: 1.66mg (8.32%), Vitamin B6: 0.15mg (7.74%), Zinc: 0.92mg (6.13%), Magnesium: 23.82mg (5.95%), Selenium: 3.91µg (5.59%), Vitamin B5: 0.47mg (4.66%), Calcium: 41.01mg (4.1%)