



Grilled Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh trimmed
- 1 tablespoon olive oil
- 4 servings salt and pepper to taste

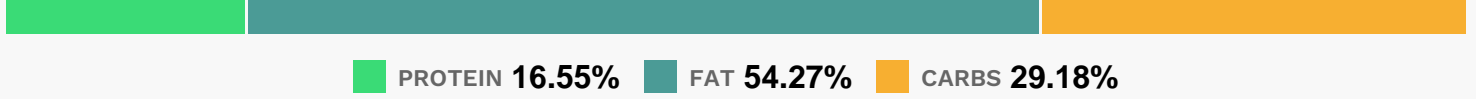
Equipment

- grill

Directions

- Preheat grill for high heat.
- Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.
- Grill over high heat for 2 to 3 minutes, or to desired tenderness.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:8.7943478148916%

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: 53.62kcal (2.68%), Fat: 3.64g (5.59%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 2.02g (0.73%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 196.13mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin K: 49.28µg (46.93%), Vitamin A: 857.29IU (17.15%), Folate: 58.97µg (14.74%), Iron: 2.45mg (13.6%), Vitamin E: 1.79mg (11.9%), Vitamin B1: 0.16mg (10.81%), Copper: 0.21mg (10.72%), Fiber: 2.38g (9.53%), Vitamin B2: 0.16mg (9.41%), Manganese: 0.18mg (8.98%), Vitamin C: 6.35mg (7.7%), Potassium: 229.14mg (6.55%), Phosphorus: 58.97mg (5.9%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.61mg (4.09%), Magnesium: 15.88mg (3.97%), Selenium: 2.61µg (3.73%), Vitamin B5: 0.31mg (3.11%), Calcium: 27.37mg (2.74%)