



Grilled Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon olive oil

Equipment

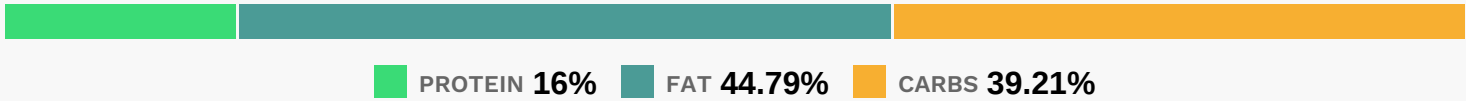
- ☐ grill

☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Snap off tough ends of asparagus.
- ☐ Combine all ingredients except cooking spray in a large zip-top plastic bag; seal and marinate for 30 minutes.
- ☐ Remove asparagus from bag, and discard marinade.
- ☐ Place asparagus on grill rack coated with cooking spray; grill 5 minutes on each side or until asparagus is done.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.68, Inflammation Score:-7, Nutrition Score:9.4039129588915%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 68.27kcal (3.41%), Fat: 3.67g (5.64%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.14g (4.59%), Cholesterol: 0mg (0%), Sodium: 149.19mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 49.38µg (47.03%), Vitamin A: 858.08IU (17.16%), Folate: 62.24µg (15.56%), Iron: 2.6mg (14.44%), Vitamin E: 1.81mg (12.09%), Vitamin C: 9.25mg (11.22%), Copper: 0.22mg (11.07%), Vitamin B1: 0.17mg (11.04%), Manganese: 0.22mg (11.04%), Vitamin B2: 0.17mg (10.04%), Fiber: 2.45g (9.79%), Potassium: 265.17mg (7.58%), Phosphorus: 68.59mg (6.86%), Vitamin B3: 1.16mg (5.81%), Vitamin B6: 0.11mg (5.66%), Magnesium: 20.63mg (5.16%), Zinc: 0.66mg (4.39%), Selenium: 2.64µg (3.77%), Vitamin B5: 0.33mg (3.34%), Calcium: 32.42mg (3.24%)