



Grilled Asparagus and New Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients

- 1 lb asparagus fresh trimmed
- 0.5 teaspoon lemon pepper
- 2 tablespoons olive oil
- 0.8 lb potatoes - remove skin red unpeeled quartered
- 0.5 teaspoon salt

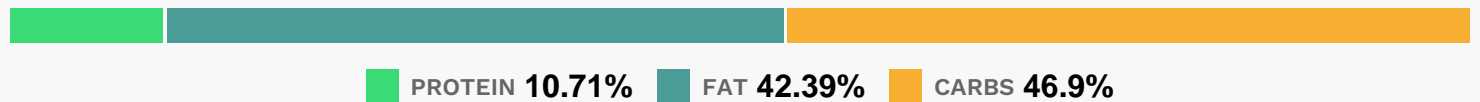
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In large shallow bowl, mix 1 tablespoon of the oil, 1/4 teaspoon of the salt and 1/4 teaspoon of the lemon-pepper seasoning.
- Add potatoes; toss to coat.
- Place in grill basket.
- Place grill basket on grill over medium heat. Cook 15 minutes, shaking grill basket occasionally to turn and mix potatoes.
- Meanwhile, place asparagus spears in same shallow bowl.
- Add remaining tablespoon oil, remaining 1/4 teaspoon salt and remaining 1/4 teaspoon lemon-pepper seasoning; toss to coat.
- Add asparagus to potatoes in grill basket. Cook about 10 minutes longer or until potatoes and asparagus are tender, shaking basket occasionally to turn and mix vegetables.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:12.691304414169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg

Nutrients (% of daily need)

Calories: 144.72kcal (7.24%), Fat: 7.26g (11.17%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 14.19g (5.16%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 308.45mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin K: 54.26µg (51.68%), Folate: 74.32µg (18.58%), Potassium: 619.49mg (17.7%), Iron: 3.11mg (17.3%), Vitamin A: 864.61IU (17.29%), Manganese: 0.33mg (16.59%), Copper: 0.33mg (16.59%), Vitamin C: 13.66mg (16.56%), Fiber: 3.89g (15.56%), Vitamin B1: 0.23mg (15.42%), Vitamin E: 2.3mg (15.34%), Vitamin B6: 0.25mg (12.43%), Phosphorus: 111.24mg (11.12%), Vitamin B2: 0.19mg (10.98%), Vitamin B3: 2.09mg (10.45%), Magnesium: 35.02mg (8.76%), Zinc: 0.9mg (5.98%), Vitamin B5: 0.55mg (5.51%), Selenium: 3.05µg (4.35%), Calcium: 37.08mg (3.71%)