



Grilled Asparagus Rafts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears thick
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 Dash salt
- ☐ 2 teaspoons sesame seed toasted

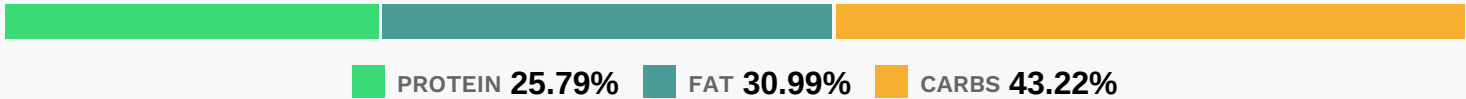
Equipment

- ☐ toothpicks
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill to high heat.
- ☐ Snap off tough ends of asparagus. Arrange 4 asparagus spears on a flat surface. Thread 2 (3-inch) skewers or toothpicks horizontally through spears 1 inch from each end to form a raft. Repeat procedure with remaining asparagus spears.
- ☐ Combine soy sauce, oil, and garlic; brush evenly over asparagus rafts. Grill 3 minutes on each side or until crisp-tender.
- ☐ Sprinkle evenly with sesame seeds, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:9.3930434455042%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 40.96kcal (2.05%), Fat: 1.65g (2.54%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 2.61g (0.95%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 156.22mg (6.79%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin K: 47.53µg (45.26%), Vitamin A: 858.13IU (17.16%), Folate: 61.74µg (15.44%), Iron: 2.65mg (14.73%), Copper: 0.26mg (13.05%), Manganese: 0.25mg (12.46%), Vitamin B1: 0.17mg (11.55%), Fiber: 2.57g (10.3%), Vitamin B2: 0.17mg (10.18%), Vitamin E: 1.32mg (8.77%), Vitamin C: 6.58mg (7.98%), Phosphorus: 73.24mg (7.32%), Potassium: 252.49mg (7.21%), Vitamin B6: 0.13mg (6.36%), Vitamin B3: 1.21mg (6.03%), Magnesium: 22.55mg (5.64%), Zinc: 0.73mg (4.88%), Selenium: 3.08µg (4.41%), Calcium: 40.08mg (4.01%), Vitamin B5: 0.33mg (3.3%)