




# Grilled Asparagus & Red Onions with Olive Oil and Balsamic Vinegar


 Gluten Free

READY IN




45 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

## Ingredients

- 2 medium onion red peeled
- 1.5 pounds asparagus ends trimmed ( 24 medium stalks)
- 4 tablespoons olive oil extra virgin
- 1 serving kosher salt
- 1 serving pepper black freshly ground
- 0.5 teaspoon sugar
- 1 tablespoon balsamic vinegar

- 1 serving disposable grill pan (see note)

## Equipment

- frying pan
- baking pan
- grill
- aluminum foil
- tongs
- grill pan
- cutting board

## Directions

- Preheat the grill to high.
- Cut onions in half from root to tip, then cut the halves into ½-inch slices. Pull the slices apart and place them into a disposable grill pan. Toss with 2 tablespoons olive oil, ½ teaspoon kosher salt and ¼ teaspoon pepper.
- Place the spears in a baking dish and toss with 2 tablespoons olive oil, ¼ teaspoon kosher salt and ¼ teaspoon pepper.
- Place the pan of onions on the grill, along with the asparagus spears (be sure to place spears perpendicular to grates so they don't fall through). Set the asparagus dish next to the grill (do not clean). Cover and cook the vegetables for 2–3 minutes. Open the cover and, using tongs, turn the asparagus. Cover and cook 1–2 minutes more, until the asparagus spears are nicely browned and tender–crisp.
- Remove the asparagus from the grill and place back in the baking dish. Stir the onions, cover, and continue cooking for about 15 – 25 minutes, stirring every few minutes, until tender and caramelized. In the meantime, transfer the asparagus spears to a cutting board and cut into 1½-inch pieces.
- Place back in the baking dish and toss with finished grilled onions.
- Add the sugar and balsamic vinegar and toss well. Taste and adjust the seasoning if necessary (I usually add a good ¼ teaspoon more salt).
- Transfer to serving platter and serve hot or room temperature.

Note: Make your own disposable grill pan. Shape two layers of heavy duty aluminum foil over a 9 x 13-inch baking dish.

Remove foil from pan.

## Nutrition Facts

**PROTEIN 10.89%** **FAT 65.59%** **CARBS 23.52%**

### Properties

Glycemic Index:52.77, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:15.522608487502%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 12.45mg, Isorhamnetin: 12.45mg, Isorhamnetin: 12.45mg, Isorhamnetin: 12.45mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 34.94mg, Quercetin: 34.94mg, Quercetin: 34.94mg, Quercetin: 34.94mg

### Nutrients (% of daily need)

Calories: 208.91kcal (10.45%), Fat: 16.11g (24.78%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 8.47g (3.08%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 145.26mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin K: 79.45µg (75.67%), Vitamin E: 3.95mg (26.33%), Vitamin A: 1287.17IU (25.74%), Folate: 98.9µg (24.73%), Iron: 3.87mg (21.48%), Fiber: 4.52g (18.08%), Vitamin B1: 0.27mg (17.9%), Manganese: 0.35mg (17.41%), Copper: 0.34mg (17.22%), Vitamin C: 13.6mg (16.48%), Vitamin B2: 0.25mg (14.99%), Calcium: 129.84mg (12.98%), Potassium: 428.87mg (12.25%), Vitamin B6: 0.22mg (11.04%), Phosphorus: 105.2mg (10.52%), Vitamin B3: 1.73mg (8.64%), Magnesium: 29.84mg (7.46%), Zinc: 1.02mg (6.77%), Selenium: 4.19µg (5.99%), Vitamin B5: 0.53mg (5.34%)