






 **48%**
HEALTH SCORE

Grilled Asparagus Salad with Lemon & Feta

 Vegetarian  Gluten Free

READY IN

15 min.

SERVINGS

4

CALORIES

215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds asparagus thick ends trimmed
- 3 tablespoons olive oil extra virgin divided
- 0.3 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 1 lemon zest
- 1 tablespoon juice of lemon freshly squeezed
- 0.8 cup feta cheese crumbled

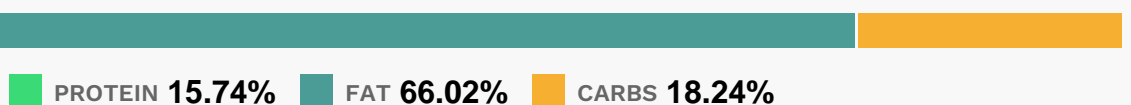
Equipment

- baking sheet
- mixing bowl
- baking pan
- grill
- aluminum foil
- cutting board

Directions

- Preheat the grill to high.
- Place the asparagus spears on a foil-lined baking sheet for easy clean-up. Directly on the prepared baking sheet, toss the asparagus with 2 tablespoons of the oil, the salt and the pepper.
- Place the asparagus spears on the grill, making sure they are perpendicular to grates so they don't fall through. Set the baking sheet near the grill (you'll need it for the cooked asparagus). Cover and cook the asparagus for 3 to 4 minutes, until nicely browned on one side and still crisp -- do not overcook.
- Remove the asparagus from the grill and place back on the foil-lined baking dish.
- Let the asparagus cool.
- Transfer the spears to cutting board and cut on the bias into bite-sized pieces.
- Place the cut asparagus in a mixing bowl.
- Add the remaining tablespoon olive oil, lemon zest and lemon juice; toss well.
- Add the feta and toss gently. Taste and adjust seasoning with more salt, pepper and lemon juice (I usually add up to $\frac{1}{4}$ teaspoon more salt).
- Transfer to a serving platter.
- Serve room temperature or cold.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:21.629565280417%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg, Quercetin: 31.72mg

Nutrients (% of daily need)

Calories: 214.55kcal (10.73%), Fat: 16.84g (25.9%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 5.51g (2%), Sugar: 4.42g (4.91%), Cholesterol: 25.03mg (8.34%), Sodium: 470.87mg (20.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Vitamin K: 101.38µg (96.55%), Vitamin A: 1834.93IU (36.7%), Vitamin B2: 0.56mg (32.89%), Folate: 127.9µg (31.98%), Iron: 5.12mg (28.46%), Vitamin E: 4.14mg (27.57%), Vitamin B1: 0.37mg (24.64%), Copper: 0.44mg (22.07%), Phosphorus: 213.39mg (21.34%), Fiber: 4.96g (19.86%), Calcium: 196.07mg (19.61%), Vitamin C: 16.09mg (19.5%), Manganese: 0.38mg (19.15%), Vitamin B6: 0.33mg (16.52%), Potassium: 483.62mg (13.82%), Zinc: 2.04mg (13.61%), Selenium: 9.46µg (13.51%), Vitamin B3: 2.51mg (12.54%), Magnesium: 37.76mg (9.44%), Vitamin B5: 0.9mg (9.05%), Vitamin B12: 0.48µg (7.92%)