



## Grilled Asparagus with Almond Gremolata

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds toasted sliced coarsely chopped
- 2 pounds asparagus fresh trimmed
- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon capers drained chopped
- 2 tablespoons chives fresh chopped
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 1 garlic clove minced

- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.5 teaspoon oregano fresh chopped
- 0.3 teaspoon salt divided

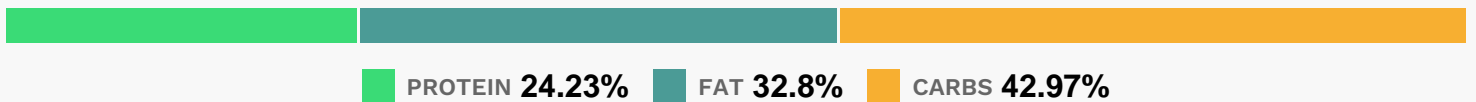
## Equipment

- bowl
- grill

## Directions

- Combine first 9 ingredients in a small bowl. Stir in 1/8 teaspoon salt and 1/8 teaspoon pepper.
- Prepare grill.
- Arrange asparagus on a grill rack coated with cooking spray; grill 8 minutes or until crisp-tender, turning twice.
- Sprinkle asparagus with the remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper. Divide asparagus evenly among 6 plates, and top each serving with about 2 tablespoons parsley mixture.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:16.23869562149%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 8.82mg, Isorhamnetin: 8.82mg, Isorhamnetin: 8.82mg, Isorhamnetin: 8.82mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg

4.02mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 23.55mg, Quercetin: 23.55mg, Quercetin: 23.55mg, Quercetin: 23.55mg

## Nutrients (% of daily need)

Calories: 65.17kcal (3.26%), Fat: 2.81g (4.33%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 4.08g (1.48%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 139.06mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin K: 121.2µg (115.43%), Vitamin A: 1481.31IU (29.63%), Folate: 89.38µg (22.35%), Vitamin C: 17.73mg (21.49%), Iron: 3.79mg (21.05%), Vitamin E: 3.1mg (20.67%), Manganese: 0.4mg (19.86%), Copper: 0.36mg (17.82%), Fiber: 4.21g (16.84%), Vitamin B2: 0.28mg (16.57%), Vitamin B1: 0.23mg (15.62%), Potassium: 379.88mg (10.85%), Phosphorus: 107.85mg (10.79%), Magnesium: 39.03mg (9.76%), Vitamin B3: 1.75mg (8.74%), Vitamin B6: 0.16mg (8.13%), Zinc: 1.04mg (6.94%), Calcium: 62.1mg (6.21%), Selenium: 3.81µg (5.44%), Vitamin B5: 0.47mg (4.73%)