



Grilled Asparagus with Balsamic Vinaigrette



Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus spears
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 teaspoon kosher salt or
- ☐ 1.3 ounces parmesan cheese fresh shredded
- ☐ 0.3 teaspoon salt

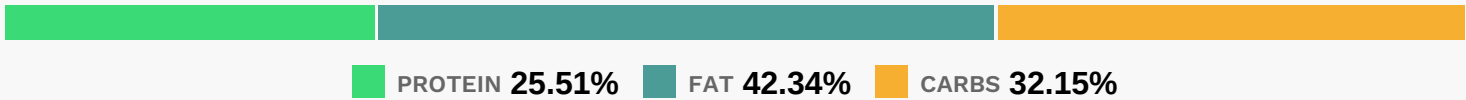
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ . Snap off tough ends of asparagus. Coat asparagus with cooking spray; place on grill rack, and grill 4 minutes or until crisp-tender, turning frequently.
- ☐ Place asparagus on a serving platter.
- ☐ Combine vinegar and oil in a small bowl; stir with a whisk.
- ☐ Drizzle over asparagus; sprinkle with salt, pepper, and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:12.628260786767%

Flavonoids

Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 80.67kcal (4.03%), Fat: 4.15g (6.38%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 3.87g (1.41%), Sugar: 3.69g (4.1%), Cholesterol: 4.28mg (1.43%), Sodium: 395.94mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin K: 64.68µg (61.6%), Vitamin A: 1193.17IU (23.86%), Folate: 79.09µg (19.77%), Iron: 3.36mg (18.65%), Vitamin B1: 0.22mg (14.59%), Copper: 0.29mg (14.58%), Vitamin B2: 0.23mg (13.79%), Vitamin E: 2.06mg (13.73%), Manganese: 0.27mg (13.46%), Fiber: 3.22g (12.87%), Phosphorus: 123.62mg (12.36%), Calcium: 113.26mg (11.33%), Vitamin C: 8.47mg (10.26%), Potassium: 319.49mg (9.13%), Vitamin B3: 1.5mg (7.49%), Vitamin B6: 0.14mg (7.19%), Selenium: 4.9µg (7.01%), Zinc: 1mg (6.64%), Magnesium: 24.87mg (6.22%), Vitamin B5: 0.45mg (4.45%), Vitamin B12: 0.08µg (1.26%)