



Grilled Asparagus with Balsamic Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears thin
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil

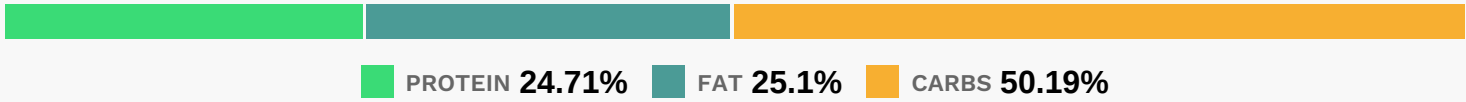
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Snap off tough ends of asparagus; place in a bowl or shallow dish.
- ☐ Drizzle asparagus with oil; sprinkle with salt and pepper, tossing well to coat.
- ☐ Place asparagus on a grill rack coated with cooking spray; grill 2 minutes on each side or until crisp-tender.
- ☐ Place asparagus in a bowl; drizzle with vinegar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:8.697391199029%

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 Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 35.2kcal (1.76%), Fat: 1.14g (1.75%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 148.56mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin K: 47.88µg (45.6%), Vitamin A: 857.63IU (17.15%), Folate: 58.98µg (14.74%), Iron: 2.47mg (13.71%), Vitamin B1: 0.16mg (10.82%), Copper: 0.22mg (10.82%), Manganese: 0.19mg (9.64%), Fiber: 2.4g (9.59%), Vitamin E: 1.43mg (9.51%), Vitamin B2: 0.16mg (9.41%), Vitamin C: 6.35mg (7.7%), Potassium: 234.41mg (6.7%), Phosphorus: 59.83mg (5.98%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.1mg (5.17%), Magnesium: 16.47mg (4.12%), Zinc: 0.62mg (4.11%), Selenium: 2.61µg (3.73%), Vitamin B5: 0.31mg (3.12%), Calcium: 28.67mg (2.87%)