



Grilled Asparagus with Caper Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus spears trimmed
- ☐ 0.3 cup basil leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons capers coarsely chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil extra-virgin divided

☐ 1 tablespoon red wine vinegar

Equipment

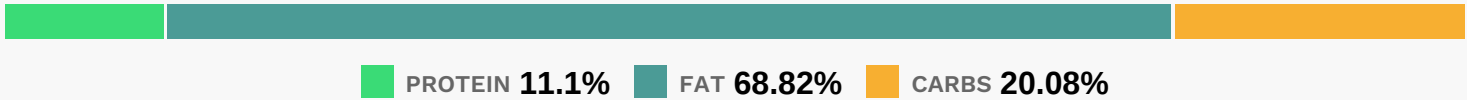
☐ whisk

☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place asparagus in a shallow dish.
- ☐ Add 1 tablespoon oil and 1/4 teaspoon salt, tossing well to coat.
- ☐ Place asparagus on grill rack coated with cooking spray; grill 4 minutes or until crisp-tender, turning after 2 minutes.
- ☐ Combine remaining 1/4 teaspoon salt, vinegar, and next 3 ingredients (through garlic); stir with a whisk. Slowly pour remaining 2 tablespoons oil into vinegar mixture, stirring constantly with a whisk. Stir in capers. Arrange asparagus on a serving platter; drizzle with vinaigrette, and sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:9.5365217043006%

Flavonoids

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg

Nutrients (% of daily need)

Calories: 86.63kcal (4.33%), Fat: 7.17g (11.03%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 2.24g (0.81%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 219.58mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 55.85µg (53.19%), Vitamin A: 911.76IU (18.24%),

Vitamin E: 2.31mg (15.37%), Folate: 59.86µg (14.96%), Iron: 2.54mg (14.14%), Copper: 0.22mg (11.2%), Vitamin B1: 0.16mg (10.97%), Manganese: 0.21mg (10.68%), Fiber: 2.47g (9.87%), Vitamin B2: 0.16mg (9.56%), Vitamin C: 6.73mg (8.16%), Potassium: 237.1mg (6.77%), Phosphorus: 61.14mg (6.11%), Vitamin B3: 1.13mg (5.65%), Vitamin B6: 0.11mg (5.58%), Magnesium: 17.31mg (4.33%), Zinc: 0.63mg (4.22%), Selenium: 2.84µg (4.05%), Vitamin B5: 0.32mg (3.18%), Calcium: 31.13mg (3.11%)