



WHATSHATE



HEALTH SCORE

82%

Grilled Asparagus with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

Ingredients



4 pounds fat asparagus spears



0.8 tsp kosher salt



2 tsp couple of squeezes lemon juice



1 lemon zest



1.5 tbsp olive oil extra-virgin



0.5 tsp pepper

Equipment



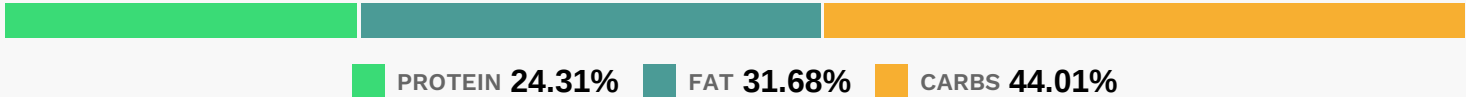
grill

☐ peeler

Directions

- ☐ Heat a grill to medium-high (about 400). Shave thick, fibrous asparagus stalks with a vegetable peeler, laying stalks flat against a work surface to keep them from breaking under the pressure. Break off woody lower stems. Toss stalks gently with 1 1/2 tbsp. oil, 3/4 tsp. salt, and 1/2 tsp. pepper.
- ☐ Lay asparagus on cooking grate and grill, covered, in 2 batches if necessary; turn often until lightly browned all over and tips are crisp, 5 to 10 minutes.
- ☐ Serve warm or at room temperature, seasoned to taste with lemon zest, juice, and a little more oil, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:17.476087114085%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 69.51kcal (3.48%), Fat: 2.91g (4.47%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 4.21g (1.53%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 222.68mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin K: 96.13µg (91.55%), Vitamin A: 1715.71IU (34.31%), Folate: 118.3µg (29.58%), Iron: 4.89mg (27.16%), Vitamin B1: 0.33mg (21.68%), Copper: 0.43mg (21.57%), Vitamin E: 2.95mg (19.64%), Fiber: 4.88g (19.51%), Vitamin B2: 0.32mg (18.87%), Manganese: 0.38mg (18.75%), Vitamin C: 14.15mg (17.15%), Potassium: 462.35mg (13.21%), Phosphorus: 118.32mg (11.83%), Vitamin B3: 2.22mg (11.12%), Vitamin B6: 0.21mg (10.43%), Zinc: 1.23mg (8.19%), Magnesium: 32.16mg (8.04%), Selenium: 5.23µg (7.47%), Vitamin B5: 0.63mg (6.27%), Calcium: 56.23mg (5.62%)