



## Grilled Asparagus with Lemon and Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus
- 2 cloves garlic finely minced
- 1 teaspoon lemon zest grated
- 3 tablespoons olive oil
- 0.3 teaspoon paprika
- 4 servings salt and pepper black freshly ground

### Equipment

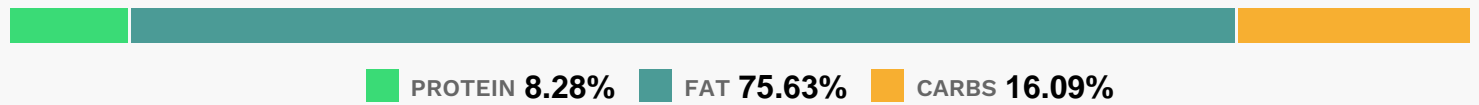
- bowl

- grill
- wooden skewers

## Directions

- Trim asparagus. In a small bowl, combine oil, garlic, zest and paprika and stir with a fork.
- Lay asparagus side by side and pierce on 2 wooden skewers to form a raft.
- Place rafts on the grill and brush with oil mixture. Cook to desired tenderness and season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:9.7073913242506%

## 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: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

## Nutrients (% of daily need)

Calories: 118.57kcal (5.93%), Fat: 10.66g (16.41%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 2.57g (0.94%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 2.87mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin K: 53.78µg (51.22%), Vitamin E: 2.83mg (18.89%), Vitamin A: 919.79IU (18.4%), Folate: 59.16µg (14.79%), Iron: 2.55mg (14.17%), Copper: 0.22mg (11.07%), Vitamin B1: 0.17mg (11.07%), Manganese: 0.22mg (10.95%), Fiber: 2.53g (10.14%), Vitamin B2: 0.16mg (9.63%), Vitamin C: 7.46mg (9.05%), Potassium: 240.16mg (6.86%), Vitamin B6: 0.13mg (6.28%), Phosphorus: 61.87mg (6.19%), Vitamin B3: 1.14mg (5.68%), Zinc: 0.64mg (4.25%), Magnesium: 16.72mg (4.18%), Selenium: 2.84µg (4.05%), Vitamin B5: 0.33mg (3.26%), Calcium: 31.43mg (3.14%)