



Grilled Asparagus with Sweet and Spicy Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



65 kcal

SIDE DISH

Ingredients

- 0.5 cup chilli sauce sweet
- 0.3 cup apricot preserves
- 2 lb asparagus fresh trimmed
- 1 tablespoon olive oil
- 1 teaspoon highest available proof grain spirit

Equipment

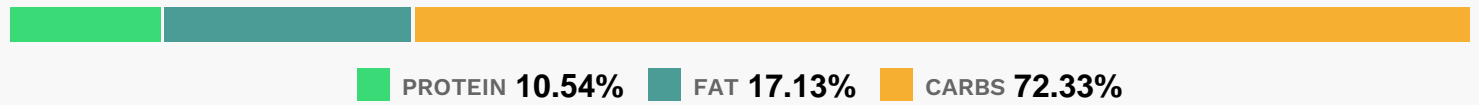
- bowl
- grill

- wok
- tongs

Directions

- Heat gas or charcoal grill. In small bowl, mix chili sauce and preserves; set aside.
- Place asparagus in grill basket (grill "wok").
- Brush asparagus with oil; sprinkle with garlic-pepper blend.
- Place grill basket on grill over high heat. Cover grill; cook 5 to 8 minutes, turning once with tongs, until tender and slightly charred.
- Serve asparagus with dip.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:5.9721738462863%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 64.69kcal (3.23%), Fat: 1.34g (2.06%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.03g (4.01%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 110.44mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin K: 32.16µg (30.63%), Vitamin A: 585.08IU (11.7%), Folate: 39.77µg (9.94%), Iron: 1.66mg (9.25%), Copper: 0.15mg (7.58%), Vitamin B1: 0.11mg (7.24%), Vitamin E: 1.03mg (6.89%), Fiber: 1.7g (6.79%), Vitamin B2: 0.11mg (6.42%), Manganese: 0.13mg (6.38%), Vitamin C: 4.81mg (5.83%), Potassium: 159.54mg (4.56%), Phosphorus: 41.29mg (4.13%), Vitamin B3: 0.77mg (3.85%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.44mg (2.91%), Magnesium: 11.57mg (2.89%), Selenium: 1.88µg (2.69%), Vitamin B5: 0.21mg (2.13%), Calcium: 19.56mg (1.96%)