



Grilled Cashew-Asparagus Packet



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 lb asparagus fresh
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cashew pieces chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

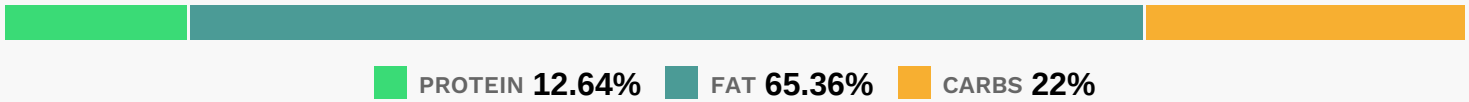
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 18x18-inch sheet of heavy-duty foil. Break off tough ends of asparagus as far down as stalks snap easily.
- ☐ Place asparagus on center of foil. Top with butter, salt and pepper.
- ☐ Bring up 2 sides of foil over asparagus so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ Place packet on grill over low heat. Cover grill; cook 10 to 15 minutes, rotating packet 1/2 turn after 4 minutes, until asparagus is tender.
- ☐ To serve, cut large X across top of packet; carefully fold back foil to allow steam to escape.
- ☐ Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:22.3, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:11.034782611482%

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: 118.22kcal (5.91%), Fat: 9.31g (14.33%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 359.98mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin K: 50.33µg (47.94%), Vitamin A: 1109.05IU (22.18%), Copper: 0.39mg (19.74%), Manganese: 0.35mg (17.26%), Iron: 2.99mg (16.62%), Folate: 61.1µg (15.27%), Vitamin B1: 0.2mg (13.15%), Phosphorus: 108.78mg (10.88%), Fiber: 2.71g (10.84%), Vitamin E: 1.57mg (10.49%), Magnesium: 40.06mg (10.02%), Vitamin B2: 0.17mg (9.86%), Potassium: 288.6mg (8.25%), Vitamin C: 6.4mg (7.76%), Zinc: 1.08mg (7.21%), Vitamin B6: 0.14mg (6.91%), Selenium: 4.23µg (6.04%), Vitamin B3: 1.2mg (6%), Vitamin B5: 0.39mg (3.9%), Calcium: 33.59mg (3.36%)