



Grilled Green Onions and Asparagus with Romesco (Calçots y Esparragos con Romesco)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 teaspoons olive oil extravirgin divided
- ☐ 4 ounces green onions
- ☐ 2 tablespoons catalonian pepper and nut sauce
- ☐ 0.3 teaspoon salt

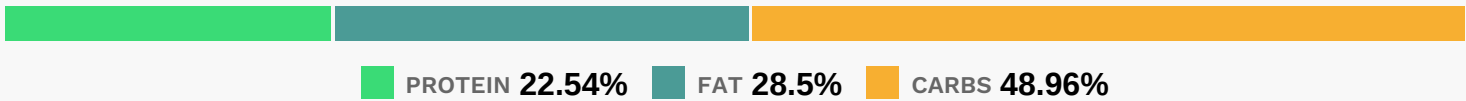
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Trim root ends of onions, keeping the bulb heads intact; discard roots. Trim tops so that about 4 inches of upper green portion remain.
- ☐ Cook onions in boiling water 2 minutes or until tender.
- ☐ Drain and rinse with cold water; drain well, and pat dry.
- ☐ Place in a medium bowl.
- ☐ Cook asparagus in boiling water for 4 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain well, and pat dry.
- ☐ Place in another bowl.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Drizzle 1/2 teaspoon oil over onions, tossing to coat. Arrange onions in an even layer in pan, and grill for 30 seconds on each side or until grill marks show.
- ☐ Transfer onions to a platter.
- ☐ Drizzle remaining 1 teaspoon oil over asparagus; toss to coat. Arrange asparagus in an even layer in pan, and cook for 1 minute on each side or until grill marks show.
- ☐ Transfer asparagus to platter.
- ☐ Sprinkle vegetables evenly with salt and pepper. Divide evenly among each of 4 plates; top each serving with about 1 1/2 teaspoons sauce.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:13.075217340304%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Quercetin: 18.88mg, Quercetin: 18.88mg, Quercetin: 18.88mg, Quercetin: 18.88mg

Nutrients (% of daily need)

Calories: 45.88kcal (2.29%), Fat: 1.72g (2.64%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 3.48g (1.27%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 323.98mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin K: 107.02µg (101.92%), Vitamin A: 1150.81IU (23.02%), Vitamin C: 16.54mg (20.05%), Folate: 77.51µg (19.38%), Iron: 2.89mg (16.07%), Fiber: 3.15g (12.62%), Copper: 0.24mg (12.03%), Vitamin B1: 0.18mg (12.01%), Manganese: 0.24mg (11.8%), Vitamin E: 1.66mg (11.08%), Vitamin B2: 0.19mg (11.06%), Potassium: 317.54mg (9.07%), Phosphorus: 70.27mg (7.03%), Vitamin B6: 0.13mg (6.54%), Vitamin B3: 1.28mg (6.38%), Magnesium: 21.98mg (5.5%), Zinc: 0.73mg (4.87%), Calcium: 48.53mg (4.85%), Selenium: 2.78µg (3.97%), Vitamin B5: 0.34mg (3.4%)