



Grilled Lemon Parmesan Asparagus

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated for topping

Equipment

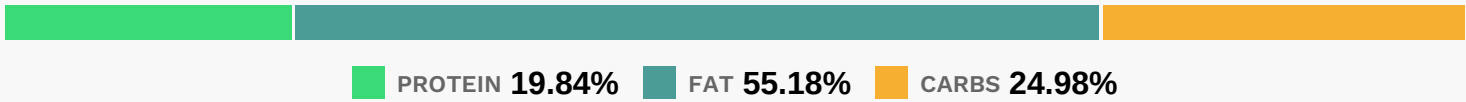
- ☐ bowl
- ☐ grill

☐ tongs

Directions

- ☐ Preheat an outdoor grill on medium heat, and lightly oil the grate.
- ☐ Place asparagus in a large shallow bowl.
- ☐ Drizzle with olive oil and lemon juice, going from bottom to top of stalks. Season with salt and ground black pepper.
- ☐ Sprinkle grated Parmesan cheese over asparagus. Lightly toss to coat each spear.
- ☐ Transfer coated asparagus to the preheated grill with tongs.
- ☐ Grill to desired tenderness, 3 to 7 minutes. Before serving, sprinkle asparagus with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:9.8613042241853%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 81.01kcal (4.05%), Fat: 5.4g (8.31%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.23g (2.48%), Cholesterol: 5.44mg (1.81%), Sodium: 111.77mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin K: 49.55µg (47.19%), Vitamin A: 912.12IU (18.24%), Folate: 60.11µg (15.03%), Iron: 2.49mg (13.82%), Vitamin E: 1.82mg (12.16%), Vitamin B1: 0.16mg (10.99%), Copper: 0.22mg (10.94%), Vitamin B2: 0.18mg (10.72%), Phosphorus: 99.05mg (9.9%), Manganese: 0.2mg (9.88%), Fiber: 2.42g (9.67%), Vitamin C: 7.8mg (9.46%), Calcium: 83.17mg (8.32%), Potassium: 245.79mg (7.02%), Selenium: 4.8µg (6.86%), Zinc: 0.89mg (5.91%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.11mg (5.51%), Magnesium: 18.46mg (4.61%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.08µg (1.41%)