



Grilled Parmesan Asparagus

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- 1 pound asparagus fresh trimmed
- 3 tablespoons olive oil
- 0.5 cup parmesan cheese grated to taste
- 4 servings salt to taste

Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill on medium heat, and lightly oil the grate.
- Toss asparagus and olive oil in a bowl until evenly coated.
- Sprinkle Parmesan cheese and salt onto asparagus until evenly distributed.
- Place asparagus spears on grill crosswise. Cook until tips are almost blackened, 20 minutes; turning spears over after 10 minutes.

Nutrition Facts

PROTEIN 14.09% **FAT 72.37%** **CARBS 13.54%**

Properties

Glycemic Index:8, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:11.078695635433%

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 Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 168.12kcal (8.41%), Fat: 14.14g (21.75%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.14g (2.38%), Cholesterol: 10.88mg (3.63%), Sodium: 415.02mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin K: 53.71µg (51.15%), Vitamin A: 965.41IU (19.31%), Vitamin E: 2.86mg (19.05%), Folate: 59.72µg (14.93%), Iron: 2.54mg (14.13%), Phosphorus: 138.22mg (13.82%), Calcium: 137.94mg (13.79%), Vitamin B2: 0.2mg (11.94%), Vitamin B1: 0.17mg (11.04%), Copper: 0.22mg (10.97%), Selenium: 6.98µg (9.98%), Fiber: 2.38g (9.53%), Manganese: 0.19mg (9.51%), Vitamin C: 6.35mg (7.7%), Zinc: 1.15mg (7.69%), Potassium: 252.21mg (7.21%), Vitamin B6: 0.11mg (5.67%), Vitamin B3: 1.12mg (5.59%), Magnesium: 20.26mg (5.06%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.17µg (2.81%)