



 **51%**
HEALTH SCORE

Grilled Spring Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 2 tablespoons thyme leaves dried fresh chopped
- 1 tablespoon chives fresh chopped
- 1 pound asparagus
- 1 pound green beans
- 0.5 pound mushrooms cut in half
- 0.3 cup walnut pieces chopped

Equipment

bowl

grill

Directions

Heat coals or gas grill for direct heat.

In large bowl, mix all Herb Butter ingredients.

Add remaining ingredients except walnuts; toss to coat with butter.

Place vegetables in grill basket. Cover and grill vegetables 5 inches from medium heat 6 to 8 minutes, turning vegetables once or twice, until tender.

Sprinkle with walnuts.

Nutrition Facts

 **PROTEIN 12.59%**  **FAT 61.26%**  **CARBS 26.15%**

Properties

Glycemic Index:27.5, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:11.68173912038%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 111.95kcal (5.6%), Fat: 8.42g (12.95%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 8.09g (2.69%), Net Carbohydrates: 4.58g (1.67%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 73.09mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Vitamin K: 48.86µg (46.54%), Vitamin A: 1173.81IU (23.48%), Manganese: 0.38mg (19.08%), Vitamin C: 13.77mg (16.69%), Vitamin B2: 0.27mg (15.86%), Copper: 0.3mg (15.24%), Folate: 57.85µg (14.46%), Fiber: 3.5g (14.02%), Iron: 2.36mg (13.09%), Vitamin B1: 0.16mg (10.99%), Vitamin B3: 2.07mg (10.36%), Potassium: 355.19mg (10.15%), Vitamin B6: 0.19mg (9.4%), Phosphorus: 91.76mg (9.18%), Magnesium: 33.61mg (8.4%), Vitamin E: 1.12mg (7.48%), Vitamin B5: 0.74mg (7.42%), Selenium: 4.46µg (6.38%), Zinc: 0.74mg (4.91%), Calcium: 48.58mg (4.86%)