



Grilled Spring Vegetables



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 pound green beans
- ☐ 0.5 pound mushrooms cut in half
- ☐ 0.3 cup walnut pieces chopped

Equipment

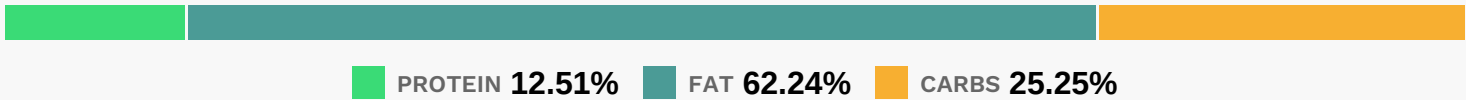
- ☐ bowl

☐ 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



Properties

Glycemic Index:21.88, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:11.111739156039%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 1.08mg, 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: 110.18kcal (5.51%), Fat: 8.39g (12.9%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 72.93mg (3.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin K: 48.86µg (46.54%), Vitamin A: 1090.67IU (21.81%), Manganese: 0.35mg (17.58%), Vitamin B2: 0.26mg (15.38%), Copper: 0.3mg (14.76%), Folate: 57.06µg (14.27%), Vitamin C: 10.97mg (13.29%), Fiber: 3.26g (13.04%), Iron: 2.05mg (11.4%), Vitamin B1: 0.16mg (10.93%), Vitamin B3: 2.04mg (10.2%), Potassium: 344.53mg (9.84%), Vitamin B6: 0.18mg (9.09%), Phosphorus: 89.91mg (8.99%), Magnesium: 30.81mg (7.7%), Vitamin E: 1.12mg (7.48%), Vitamin B5: 0.74mg (7.35%), Selenium: 4.46µg (6.38%), Zinc: 0.7mg (4.7%), Calcium: 41.49mg (4.15%)