



## Lemon-Asparagus Packets

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



2

CALORIES



59 kcal

SIDE DISH

### Ingredients

- 0.5 pound asparagus
- 0.3 teaspoon lemon-pepper seasoning
- 2 teaspoons butter reduced-calorie

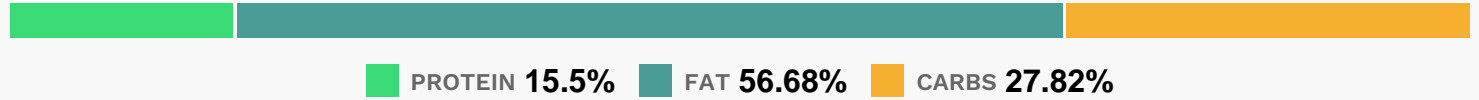
### Equipment

- grill
- aluminum foil

## Directions

- Snap off tough ends of 1/2 pound asparagus; place asparagus on a square of heavy-duty aluminum foil. Spoon 2 teaspoons reduced-calorie margarine over asparagus, and sprinkle with 1/4 teaspoon lemon-pepper seasoning. Fold aluminum foil tightly to seal.
- Place on grill rack, and grill over medium-hot coals 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:8.9169565108807%

## Flavonoids

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: 59.26kcal (2.96%), Fat: 4.17g (6.41%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 2.16g (0.79%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 49.47mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin K: 47.58µg (45.32%), Vitamin A: 1037.51IU (20.75%), Folate: 59.06µg (14.76%), Iron: 2.45mg (13.62%), Copper: 0.22mg (10.88%), Vitamin B1: 0.16mg (10.86%), Manganese: 0.21mg (10.55%), Fiber: 2.44g (9.78%), Vitamin E: 1.44mg (9.59%), Vitamin B2: 0.16mg (9.54%), Vitamin C: 6.36mg (7.71%), Potassium: 234.49mg (6.7%), Phosphorus: 60.51mg (6.05%), Vitamin B3: 1.11mg (5.57%), Vitamin B6: 0.1mg (5.22%), Magnesium: 16.45mg (4.11%), Zinc: 0.62mg (4.1%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.32mg (3.18%), Calcium: 29.82mg (2.98%)