



# Mustard and Mayonnaise Glazed Asparagus (Grilled)

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

## Ingredients

- 1 lb asparagus thick trimmed
- 1 garlic clove crushed
- 0.3 cup coarse mustard
- 2 teaspoons pepper fresh black
- 2 teaspoons kosher salt
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest finely grated

0.3 cup mayonnaise

0.3 cup olive oil extra virgin extra-virgin

## Equipment

## Nutrition Facts

**PROTEIN 5.28%** **FAT 84.06%** **CARBS 10.66%**

## Properties

Glycemic Index:29.33, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:8.5860869565217%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

## Nutrients (% of daily need)

Calories: 168.7kcal (8.44%), Fat: 16.47g (25.33%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.83g (2.04%), Cholesterol: 3.92mg (1.31%), Sodium: 950.56mg (41.33%), Protein: 2.33g (4.65%), Vitamin K: 53.34µg (50.8%), Vitamin E: 2.51mg (16.75%), Manganese: 0.26mg (12.98%), Vitamin A: 589.27IU (11.79%), Iron: 1.94mg (10.78%), Folate: 42.18µg (10.54%), Vitamin C: 7.76mg (9.41%), Fiber: 2.27g (9.08%), Vitamin B1: 0.13mg (8.82%), Copper: 0.16mg (8.24%), Selenium: 5.6µg (7.99%), Vitamin B2: 0.12mg (6.96%), Phosphorus: 54.93mg (5.49%), Potassium: 189.51mg (5.41%), Vitamin B6: 0.09mg (4.44%), Magnesium: 17.44mg (4.36%), Vitamin B3: 0.82mg (4.08%), Zinc: 0.51mg (3.39%), Calcium: 30.75mg (3.08%), Vitamin B5: 0.28mg (2.78%)