



WHATSheATE



Sesame Grilled Asparagus



Vegetarian



Vegan



Dairy Free

READY IN



98 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

Ingredients



1 pound asparagus



2 tablespoons sesame oil dark



1 clove garlic minced



4 servings salt and pepper black



2 tablespoons sesame seed



1 tablespoon soya sauce

Equipment



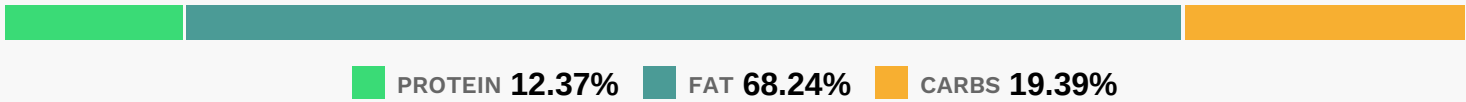
bowl

- ☐ frying pan
- ☐ toothpicks
- ☐ grill
- ☐ skewers

Directions

- ☐ Special equipment: Wooden toothpicks or bamboo skewers
- ☐ In a shallow pan, soak skewers in cold water for 1 hour, then drain and set aside.
- ☐ Preheat grill to high. Snap off the woody bases of the asparagus and discard. Skewer 4 or 5 asparagus spears together, using the toothpicks or 2 bamboo skewers, forming a raft shape.
- ☐ In a small bowl, combine the sesame oil, soy sauce, and garlic and stir with a fork to mix.
- ☐ Brush this mixture on the asparagus rafts on both sides. Season the asparagus with a little salt and lots of pepper.
- ☐ When ready to cook, place the asparagus rafts on the hot grate and grill until nicely browned on both sides, 2 to 4 minutes.
- ☐ Sprinkle with the sesame seeds as they grill. You can serve the asparagus as rafts or unskewered.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:10.684782453205%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 111.3kcal (5.56%), Fat: 9.13g (14.05%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 2.93g (1.07%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 448mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin K: 48.14µg (45.85%), Copper: 0.39mg (19.3%), Iron: 3.13mg (17.39%), Vitamin A: 857.72IU (17.15%), Folate: 63.68µg (15.92%), Manganese: 0.31mg (15.65%), Vitamin B1:

0.2mg (13.2%), Fiber: 2.91g (11.62%), Vitamin B2: 0.18mg (10.44%), Vitamin E: 1.39mg (9.27%), Phosphorus: 91.12mg (9.11%), Magnesium: 31.91mg (7.98%), Vitamin C: 6.58mg (7.98%), Vitamin B6: 0.15mg (7.65%), Potassium: 260.37mg (7.44%), Vitamin B3: 1.47mg (7.36%), Calcium: 68.59mg (6.86%), Zinc: 0.95mg (6.34%), Selenium: 4.13µg (5.9%), Vitamin B5: 0.33mg (3.34%)