



## Smoked Asparagus

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

### Ingredients

- 1.5 pounds asparagus trimmed
- 2 tablespoons butter
- 4 cloves garlic sliced thin
- 0.3 teaspoon pepper black
- 2 tablespoons juice of lemon
- 1 onion thinly sliced
- 4 servings salt to taste

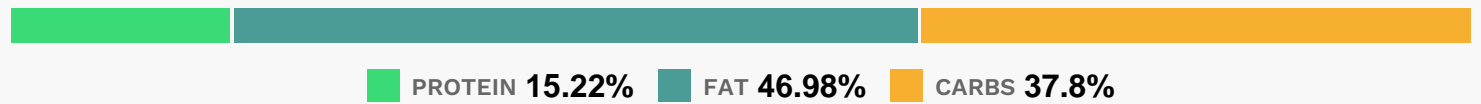
### Equipment

- frying pan
- sauce pan
- baking pan

## Directions

- Place the charcoal into the bottom pan of the smoker. Light the coals and wait for the temperature of the smoker to come to 240 degrees F (115 degrees C).
- Melt the butter in a small saucepan, stir in the garlic and cook over low heat until just tender.
- Remove from the heat and mix in the lemon juice, salt, and black pepper.
- Arrange the onions in the bottom of a large cast iron skillet or heat-resistant glass container.
- Spread asparagus spears over the onions.
- Drizzle the butter and garlic mixture over the asparagus.
- Place the uncovered skillet or baking dish on the top grate of the preheated smoker.
- Close the smoker and cook the asparagus until tender, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:14.497826107818%

## 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg, Isorhamnetin: 11.07mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 29.44mg, Quercetin: 29.44mg, Quercetin: 29.44mg, Quercetin: 29.44mg

## Nutrients (% of daily need)

Calories: 101.64kcal (5.08%), Fat: 5.95g (9.15%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 6.61g (2.4%), Sugar: 4.59g (5.1%), Cholesterol: 15.05mg (5.02%), Sodium: 243.91mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.67%), Vitamin K: 71.62µg (68.21%), Vitamin A: 1462.82IU (29.26%), Folate: 95.5µg (23.87%), Iron: 3.77mg (20.94%), Vitamin C: 15.4mg (18.67%), Manganese: 0.37mg

(18.59%), Vitamin B1: 0.26mg (17.61%), Copper: 0.34mg (17.21%), Fiber: 4.16g (16.63%), Vitamin B2: 0.25mg (14.96%), Vitamin E: 2.1mg (14.03%), Potassium: 406.88mg (11.63%), Vitamin B6: 0.23mg (11.45%), Phosphorus: 103.49mg (10.35%), Vitamin B3: 1.73mg (8.64%), Magnesium: 28.12mg (7.03%), Zinc: 1.01mg (6.75%), Selenium: 4.56µg (6.51%), Calcium: 55.38mg (5.54%), Vitamin B5: 0.54mg (5.37%)