



WHATSheATE



Tasty Barbecued Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients



0.5 pound asparagus spears fresh trimmed



2 tablespoons sesame oil



5 tablespoons soya sauce

Equipment



casserole dish

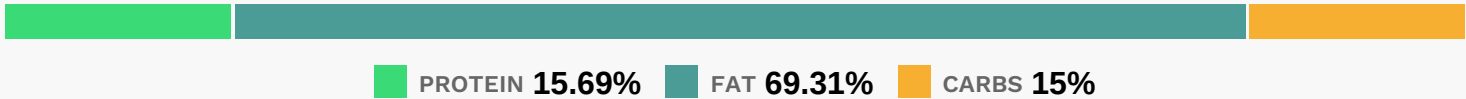


grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Place asparagus in a deep casserole dish; evenly coat with sesame oil and soy sauce.
- ☐ Cook marinated asparagus on grill until tender, brushing often with marinade, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:5.6552174194999%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 86.72kcal (4.34%), Fat: 7.09g (10.91%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 1257.98mg (54.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 24.54µg (23.37%), Manganese: 0.2mg (10.09%), Iron: 1.75mg (9.72%), Vitamin A: 428.64IU (8.57%), Folate: 33.53µg (8.38%), Vitamin B3: 1.44mg (7.22%), Copper: 0.14mg (6.88%), Vitamin B2: 0.11mg (6.71%), Vitamin B1: 0.09mg (6.29%), Phosphorus: 58.73mg (5.87%), Fiber: 1.37g (5.48%), Vitamin E: 0.74mg (4.92%), Vitamin B6: 0.1mg (4.83%), Potassium: 162.23mg (4.64%), Magnesium: 16.94mg (4.23%), Vitamin C: 3.18mg (3.85%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.24mg (2.4%), Selenium: 1.48µg (2.12%), Calcium: 18.11mg (1.81%)