



Yummy Grilled Asparagus



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus fresh trimmed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.8 teaspoon lemon pepper
- ☐ 0.3 cup dressing italian-style restaurant recipe® (such as Bernstein's)

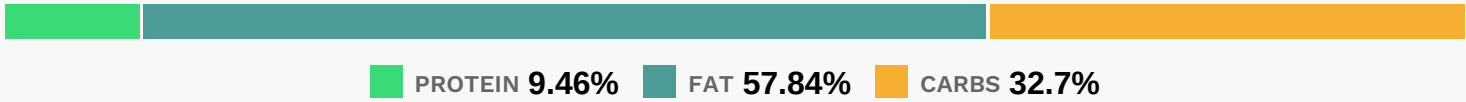
Equipment

- ☐ frying pan
- ☐ grill
- ☐ tongs

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Lay asparagus flat in a 9x9-inch pan.
- ☐ Add Italian dressing, lemon pepper, salt, and black pepper; toss to coat.
- ☐ Transfer asparagus using tongs to the grill.
- ☐ Grill asparagus on preheated grill until tender, 3 to 5 minutes per side. Return asparagus to pan and toss with remaining dressing mixture.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:9.8134783273158%

Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 107.86kcal (5.39%), Fat: 7.34g (11.29%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 6.85g (2.49%), Sugar: 6.53g (7.26%), Cholesterol: 8.54mg (2.85%), Sodium: 179.43mg (7.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 61.35µg (58.43%), Vitamin A: 866.22IU (17.32%), Folate: 59.41µg (14.85%), Iron: 2.52mg (14.01%), Manganese: 0.26mg (13.04%), Vitamin E: 1.92mg (12.79%), Vitamin B1: 0.17mg (11.23%), Copper: 0.22mg (11.13%), Vitamin B2: 0.17mg (10.06%), Fiber: 2.48g (9.93%), Vitamin C: 6.43mg (7.79%), Potassium: 240.85mg (6.88%), Phosphorus: 68mg (6.8%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.11mg (5.26%), Selenium: 3.61µg (5.16%), Zinc: 0.65mg (4.31%), Magnesium: 17.19mg (4.3%), Vitamin B5: 0.34mg (3.42%), Calcium: 30.98mg (3.1%)