

Grilled Garlic Asparagus

Ingredients:

- 1/2 pound asparagus
- 1 garlic clove, minced
- 1 1/2 tsp. extra virgin olive oil
- 1/4 tsp. salt
- 1/2 tsp. black pepper



Nutrition Facts	
Serving Size 1/2 cup (113g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 15%	• Vitamin C 10%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Wash and trim ends from asparagus.
2. Coat with olive oil, pepper and minced garlic.
3. Place asparagus side by side not touching on a hot grill. Grill on medium heat until charred, turn and grill on opposite side.