



## Grilled Asparagus 8—4 ounce portions

Blanched Asparagus	2 and 1/4 pounds
Olive Oil	1 ounce
Salt	1/4 teaspoon
Pepper	1/4 teaspoon

1. Combine all ingredients and toss to coat asparagus
2. Place on a hot grill, cook for 2 minutes or until charred
3. Remove from grill and hold for service

## Grilled Asparagus 4 oz portion

Nutrition Facts			
Serving Size 4 oz portion (115g)			
Serving Per Container1			
Amount Per Serving			
Calories 150		Calories from Fat 80	
% Daily Values*			
Total Fat 9g			14 %
Saturated Fat 1g			4 %
Trans Fat 0			%
Polyunsaturated Fat 2.5g			%
Monounsaturated Fat 5g			%
Cholesterol less than 5 milligrams			0 %
Sodium 390mg			16 %
Total Carbohydrate 15g			5 %
Dietary Fiber 8g			32 %
Sugars 7g			%
Protein 8g			17 %
Vitamin A 0%		•	Vitamin C 0%
Calcium 0%		•	Iron 0%
Vitamin E 0%		•	Vitamin B6 0%
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	•	Carbohydrates 4	• Protein 4