

Grilled Asparagus

submitted by simmyras



Per serving: 53 Calories • 4.4g Carbs (2.4g Fiber) • 3.5g Fat • 2.5g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 lb **Asparagus** (453 grams)
- 1 tbsp **Olive oil** (13.5 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Heat grill to medium.
2. Coat asparagus with olive oil and season with salt and pepper
3. Grill for 2 to 3 min or until tender. Enjoy!