

Grilled Asparagus with Lemon Thyme Dressing

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch, Side
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 1 1/2 lb asparagus, *tough ends removed*
- 3 Tbs olive oil
- 2 tsp Dijon mustard
- 1 1/2 Tbs red wine vinegar
- 1 lemon, *zest and juice* 1 tablespoon
- 1 tsp thyme, dried
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Trim tough ends from asparagus.
2. Zest and juice lemon.

Make

1. Add oil, mustard, vinegar, lemon juice, 1/2 teaspoon zest, and thyme to a small mason jar. Shake to combine.
2. Drizzle asparagus with half the dressing and toss to coat.
3. Grill until asparagus turns bright green and tops begin to brown.
4. Remove from grill and drizzle with remaining dressing.
5. Season with salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutrition Facts | | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|------------|------------------------|----------------|-------------------------------|----------------|
| Calories per serving | 119 | Total Fat 10.4g | 15% | Total Carbohydrates 6g | 1% |
| | | Saturated Fat 1.5g | 7% | Dietary Fiber 3g | 10% |
| | | Trans Fat 0.0g | | Total Sugars 3g | |
| | | Cholesterol 0mg | 0% | Protein 3g | |
| | | Sodium 31mg | 1% | | |
| Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 3mg 16% · Potassium 263mg 5% | | | | | |

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -