Grilled Scallions

U.S. | Metric
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1 bunch (8 stalks) | 1 bunch (8 stalks)
1 tsp | 5 mL
1/8 tsp | 0.75 g
1/8 tsp | 0.3 g

Scallions (Green Onion), washed
Olive Oil
Salt, Kosher
Black Pepper, ground

Preparation:
1. Gather all ingredients and equipment.
2. Preheat a grill to medium heat, around 350°F (180°C).
3. Rub the scallions with the olive oil, salt and pepper.
4. Place the scallions on the grill and let them sit until they start to become very lightly charred, about 2 minutes per side.
5. Remove the scallions from the grill, slice them in half and serve.

Nutrition Facts

| Serving size | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Monounsaturated Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein | Vitamin A | Calcium | Vitamin C | Iron | Phosphorus |
| 2 stalks | 20 | 10 | 1 g | 0 g | 0 g | 1 g | 0 mg | 64 mg | 2 g | 0 g | 0 g | 25 % | 2 % | 8 % | 2 % | 0 mg |