



Asparagus with Tomato and Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 ounce feta cheese crumbled
- ☐ 1.5 cups grape tomatoes halved
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon balsamic vinegar white

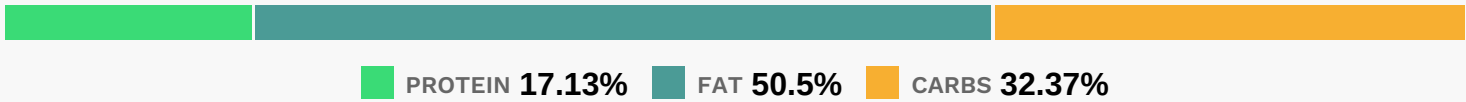
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Place tomatoes and olive oil on a jelly-roll pan; toss.
- ☐ Bake at 425 for 4 minutes.
- ☐ Add asparagus; bake 9 minutes. Top with vinegar, salt, pepper, and crumbled feta cheese.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:11.924347854179%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg, Quercetin: 16.18mg

Nutrients (% of daily need)

Calories: 86.29kcal (4.31%), Fat: 5.28g (8.12%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 4.53g (1.65%), Sugar: 4.2g (4.67%), Cholesterol: 6.31mg (2.1%), Sodium: 232.22mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin K: 54.03µg (51.45%), Vitamin A: 1353.32IU (27.07%), Folate: 69.64µg (17.41%), Vitamin C: 14.01mg (16.98%), Iron: 2.69mg (14.92%), Vitamin E: 2.1mg (14.01%), Vitamin B2: 0.23mg (13.56%), Manganese: 0.27mg (13.32%), Vitamin B1: 0.19mg (12.93%), Copper: 0.25mg (12.62%), Fiber: 3.08g (12.33%), Potassium: 372.09mg (10.63%), Phosphorus: 97.22mg (9.72%), Vitamin B6: 0.18mg (8.92%), Vitamin B3: 1.51mg (7.56%), Calcium: 69.5mg (6.95%), Zinc: 0.92mg (6.11%), Magnesium: 24.07mg (6.02%), Selenium: 3.68µg (5.25%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.12µg (2%)