



## Becel® Oven-Roasted Asparagus with Parmesan Gremolata

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



123 kcal

SIDE DISH

### Ingredients

- 0.8 pound asparagus trimmed
- 2 teaspoons parsley fresh finely chopped
- 0.3 teaspoon lemon rind grated
- 1 tablespoon buttery taste\* margarine melted becel®
- 2 teaspoons parmesan cheese grated
- 2 large shallots cut into thin wedges

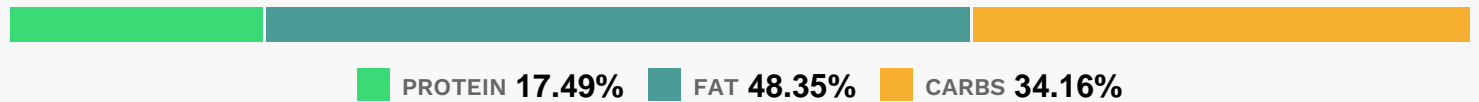
### Equipment

- bowl
- oven
- roasting pan

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Combine parsley, cheese and lemon peel in small bowl; set aside. Toss asparagus, shallots and Becel® Buttery Taste margarine in 13 x 9-inch roasting pan. Roast 15 minutes or until tender. Arrange asparagus mixture on serving platter, then top with cheese mixture. Season, if desired, with freshly ground black pepper.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:15.210869629746%

## Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

## Nutrients (% of daily need)

Calories: 123.25kcal (6.16%), Fat: 7.25g (11.15%), Saturated Fat: 2.01g (12.53%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 7.12g (2.59%), Sugar: 5.18g (5.76%), Cholesterol: 4.29mg (1.43%), Sodium: 158.74mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.79%), Vitamin K: 72.68µg (69.22%), Vitamin A: 1588.51IU (31.77%), Folate: 97.5µg (24.38%), Iron: 3.97mg (22.06%), Fiber: 4.4g (17.61%), Vitamin B1: 0.26mg (17.37%), Manganese: 0.35mg (17.31%), Copper: 0.35mg (17.29%), Vitamin B2: 0.26mg (15.57%), Vitamin C: 11.99mg (14.54%), Vitamin E: 2.18mg (14.5%), Phosphorus: 136.4mg (13.64%), Potassium: 440.06mg (12.57%), Vitamin B6: 0.25mg (12.31%), Calcium: 96.22mg (9.62%), Vitamin B3: 1.72mg (8.61%), Selenium: 5.94µg (8.48%), Zinc: 1.23mg (8.22%), Magnesium: 31.09mg (7.77%), Vitamin B5: 0.56mg (5.62%), Vitamin B12: 0.07µg (1.23%)