



## Black Salt Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

### Ingredients

- 1 bunch asparagus fresh rinsed trimmed
- 3 tablespoons olive oil
- 1 tablespoon sea salt black to taste

### Equipment

- baking sheet
- oven
- broiler

## Directions

- Preheat the oven broiler. Set the oven rack about 6 inches from the broiler.
- Place the asparagus spears on a baking sheet, and drizzle with olive oil.
- Sprinkle with black sea salt.
- Broil the asparagus until tender and starting to brown, 6 to 10 minutes.

## Nutrition Facts

**PROTEIN 8.04%** **FAT 77.77%** **CARBS 14.19%**

## Properties

Glycemic Index:5.33, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:6.1486956606741%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

## Nutrients (% of daily need)

Calories: 76.88kcal (3.84%), Fat: 7.09g (10.91%), Saturated Fat: 1g (6.22%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.34g (0.49%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 1164.38mg (50.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin K: 35.41µg (33.73%), Vitamin E: 1.86mg (12.37%), Vitamin A: 567IU (11.34%), Folate: 39µg (9.75%), Iron: 1.65mg (9.19%), Vitamin B1: 0.11mg (7.15%), Copper: 0.14mg (7.13%), Fiber: 1.58g (6.3%), Vitamin B2: 0.11mg (6.22%), Manganese: 0.12mg (6.07%), Vitamin C: 4.2mg (5.09%), Potassium: 151.81mg (4.34%), Phosphorus: 39mg (3.9%), Vitamin B3: 0.73mg (3.67%), Vitamin B6: 0.07mg (3.41%), Zinc: 0.41mg (2.72%), Magnesium: 10.53mg (2.63%), Selenium: 1.73µg (2.47%), Vitamin B5: 0.21mg (2.06%), Calcium: 18.79mg (1.88%)