



Broiled Asparagus with Lemon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



28 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed
- 0.1 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 0.5 teaspoon lemon rind grated
- 0.5 teaspoon olive oil
- 0.1 teaspoon salt

Equipment

- bowl

- baking sheet
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Combine all ingredients except cooking spray in a large bowl or dish; toss gently to coat.
- Place asparagus on a foil-lined baking sheet coated with cooking spray. Broil 3 minutes or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:8.756956546203%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 28.49kcal (1.42%), Fat: 0.64g (0.99%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 2.29g (0.83%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 75.1mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin K: 47.59µg (45.32%), Vitamin A: 857.82IU (17.16%), Folate: 59.03µg (14.76%), Iron: 2.45mg (13.62%), Vitamin B1: 0.16mg (10.93%), Copper: 0.22mg (10.88%), Manganese: 0.2mg (9.99%), Fiber: 2.44g (9.76%), Vitamin B2: 0.16mg (9.47%), Vitamin E: 1.36mg (9.04%), Vitamin C: 6.91mg (8.37%), Potassium: 233.32mg (6.67%), Phosphorus: 60.24mg (6.02%), Vitamin B6: 0.11mg (5.66%), Vitamin B3: 1.12mg (5.58%), Zinc: 0.62mg (4.15%), Magnesium: 16.21mg (4.05%), Selenium: 2.72µg (3.89%), Vitamin B5: 0.32mg (3.17%), Calcium: 29.23mg (2.92%)