



Garlic and Red Pepper Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 garlic clove thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

Equipment

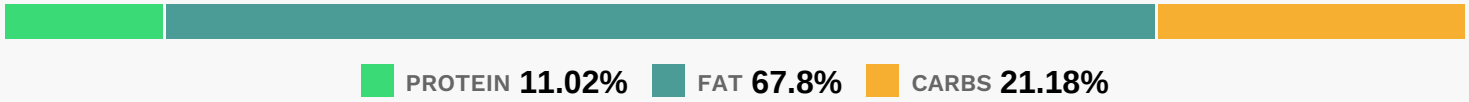
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine asparagus, olive oil, salt, crushed red pepper, black pepper, and garlic on a jelly-roll pan; toss to coat.
- ☐ Bake at 425 for 8 minutes or until asparagus is crisp-tender.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:9.4100000443666%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 87.46kcal (4.37%), Fat: 7.17g (11.02%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 2.55g (0.93%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 150.08mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin K: 51.75µg (49.29%), Vitamin A: 895.17IU (17.9%), Vitamin E: 2.34mg (15.6%), Folate: 59.07µg (14.77%), Iron: 2.53mg (14.04%), Manganese: 0.22mg (11.13%), Copper: 0.22mg (11.09%), Vitamin B1: 0.17mg (11.04%), Fiber: 2.49g (9.95%), Vitamin B2: 0.16mg (9.58%), Vitamin C: 6.82mg (8.27%), Potassium: 239.28mg (6.84%), Vitamin B6: 0.12mg (6.24%), Phosphorus: 61.83mg (6.18%), Vitamin B3: 1.14mg (5.68%), Zinc: 0.64mg (4.25%), Magnesium: 16.65mg (4.16%), Selenium: 2.85µg (4.08%), Vitamin B5: 0.32mg (3.23%), Calcium: 31.06mg (3.11%)