



Healthy Roast Asparagus with Creamy Almond Vinaigrette

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- 2 pound asparagus thick ends trimmed
- 6 tablespoons blanched almonds and sliced
- 4 servings kosher salt and pepper black freshly ground
- 1.5 tablespoons juice of lemon
- 1.5 teaspoons lemon zest
- 1 tablespoon olive oil
- 0.3 teaspoon sugar

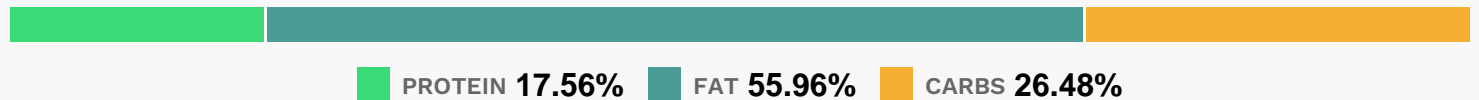
Equipment

- baking sheet
- baking paper
- oven
- blender

Directions

- Preheat the oven to 425 degrees F. Position a rack in the top third of the oven.
- Place the asparagus on a baking sheet lined with parchment paper.
- Drizzle with the olive oil and sprinkle lightly with salt and pepper. Roast until tender, about 15 minutes.
- Meanwhile, combine 5 tablespoons of the almonds, the lemon juice, sugar and 6 tablespoons water in a blender and blend until smooth, about 1 minute. Taste the sauce and season with salt.
- Pour the sauce onto a platter and place the asparagus on top.
- Garnish with the zest and remaining 1 tablespoon almonds.
- Per serving: SERVES: Calories: 110; Total Fat: 5 grams; Saturated Fat: 0.5 grams; Protein: 2 grams; Total carbohydrates: 17 grams; Sugar: 8 grams; Fiber: 6 grams; Cholesterol: 0 milligrams; Sodium: 125 milligrams

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:21.789564961972%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.73mg, Quercetin:

31.73mg, Quercetin: 31.73mg, Quercetin: 31.73mg

Nutrients (% of daily need)

Calories: 167.6kcal (8.38%), Fat: 11.67g (17.95%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 6.05g (2.2%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 7.58mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin K: 96.62µg (92.02%), Vitamin E: 6.64mg (44.27%), Vitamin A: 1716.89IU (34.34%), Manganese: 0.65mg (32.35%), Folate: 126.52µg (31.63%), Iron: 5.39mg (29.92%), Copper: 0.59mg (29.28%), Fiber: 6.37g (25.48%), Vitamin B2: 0.43mg (25.18%), Vitamin B1: 0.35mg (23.66%), Vitamin C: 15.85mg (19.21%), Phosphorus: 190.78mg (19.08%), Magnesium: 72.57mg (18.14%), Potassium: 565.34mg (16.15%), Vitamin B3: 2.75mg (13.76%), Vitamin B6: 0.23mg (11.39%), Zinc: 1.68mg (11.17%), Calcium: 91.65mg (9.17%), Selenium: 5.71µg (8.16%), Vitamin B5: 0.68mg (6.8%)