



Lemon Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

Equipment

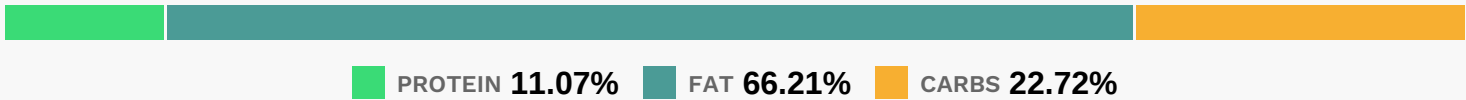
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Snap off and discard tough ends of asparagus; place asparagus on a lightly greased baking sheet.
- ☐ Whisk together remaining ingredients; drizzle mixture over asparagus, tossing to coat.
- ☐ Bake at 400 for 15 minutes or to desired degree of tenderness, turning once after 8 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:9.4365217167398%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 85.86kcal (4.29%), Fat: 6.91g (10.63%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 220.7mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 51.36µg (48.91%), Vitamin A: 858.19IU (17.16%), Folate: 60.54µg (15.13%), Vitamin E: 2.27mg (15.11%), Iron: 2.5mg (13.88%), Vitamin C: 9.65mg (11.7%), Vitamin B1: 0.17mg (11.09%), Copper: 0.22mg (11%), Manganese: 0.21mg (10.37%), Fiber: 2.44g (9.77%), Vitamin B2: 0.16mg (9.55%), Potassium: 242.37mg (6.92%), Phosphorus: 61.4mg (6.14%), Vitamin B6: 0.12mg (6.04%), Vitamin B3: 1.12mg (5.62%), Zinc: 0.63mg (4.2%), Magnesium: 16.73mg (4.18%), Selenium: 2.78µg (3.97%), Vitamin B5: 0.33mg (3.28%), Calcium: 30.19mg (3.02%)