



## Lemon-Sesame Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

### Ingredients

- ☐ 1 pound asparagus spears
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind fresh grated
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sesame seed toasted

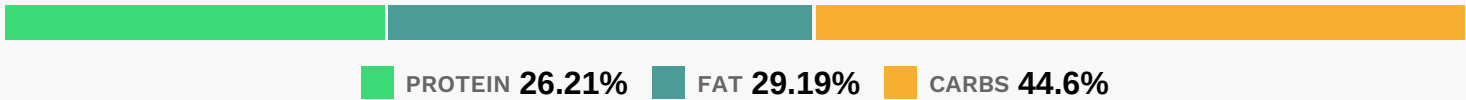
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients in a small bowl; set aside.
- ☐ Snap off tough ends of asparagus.
- ☐ Place asparagus on a baking sheet; coat with cooking spray, and sprinkle with salt and pepper.
- ☐ Bake at 450 for 7 to 9 minutes or until asparagus is tender and lightly browned.
- ☐ Transfer asparagus to a serving dish; toss with soy sauce mixture.
- ☐ Sprinkle with toasted sesame seeds.

# Nutrition Facts



# Properties

Glycemic Index:24.75, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:9.0060869921809%

# Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

# Nutrients (% of daily need)

Calories: 36.3kcal (1.82%), Fat: 1.4g (2.15%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 2.31g (0.84%), Sugar: 2.18g (2.43%), Cholesterol: 0mg (0%), Sodium: 165.03mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin K: 47.41µg (45.15%), Vitamin A: 857.81IU (17.16%),

Folate: 60.83µg (15.21%), Iron: 2.54mg (14.12%), Copper: 0.24mg (11.86%), Vitamin B1: 0.17mg (11.17%), Manganese: 0.21mg (10.52%), Fiber: 2.49g (9.96%), Vitamin B2: 0.17mg (9.85%), Vitamin E: 1.31mg (8.73%), Vitamin C: 7mg (8.48%), Potassium: 242.54mg (6.93%), Phosphorus: 66.48mg (6.65%), Vitamin B3: 1.16mg (5.81%), Vitamin B6: 0.11mg (5.61%), Magnesium: 19.56mg (4.89%), Zinc: 0.67mg (4.48%), Selenium: 2.8µg (4%), Calcium: 33.4mg (3.34%), Vitamin B5: 0.32mg (3.22%)