



Mexican Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon taco seasoning (6.25 oz)
- ☐ 1.5 lb asparagus fresh

Equipment

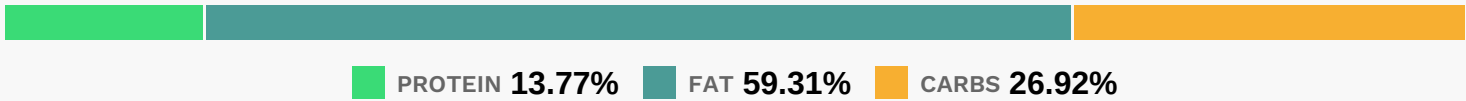
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F. Line two 15x10x1-inch pans with foil. Set lemon peel aside.
- ☐ In small bowl, mix lemon juice, oil and 1 tablespoon plus 1 teaspoon taco seasoning mix; set aside. Wash asparagus; break off tough ends where stalks snap easily. If desired, peel stems off spears.
- ☐ Place asparagus in 1 pan.
- ☐ Drizzle with oil mixture; toss until asparagus is evenly coated. Divide asparagus between pans, arranging in single layer.
- ☐ Roast uncovered 10 to 15 minutes or until asparagus is crisp-tender.
- ☐ Sprinkle with lemon peel.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:13.628260861272%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg

Nutrients (% of daily need)

Calories: 98.37kcal (4.92%), Fat: 7.22g (11.1%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 3.56g (1.3%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 54.06mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin K: 74.97µg (71.4%), Vitamin A: 1345.29IU (26.91%), Folate: 89.33µg (22.33%), Iron: 3.73mg (20.74%), Vitamin E: 2.94mg (19.59%), Vitamin B1: 0.24mg (16.32%), Copper: 0.32mg (16.15%), Fiber: 3.81g (15.23%), Vitamin C: 12.55mg (15.21%), Vitamin B2: 0.24mg (14.19%), Manganese: 0.27mg (13.46%), Potassium: 349.13mg (9.98%), Phosphorus: 88.87mg (8.89%), Vitamin B3: 1.67mg (8.35%),

Vitamin B6: 0.16mg (7.91%), Zinc: 0.92mg (6.15%), Magnesium: 24.19mg (6.05%), Selenium: 3.92µg (5.6%), Vitamin B5: 0.47mg (4.74%), Calcium: 42.46mg (4.25%)