



 **55%**  
HEALTH SCORE

## Oven-Roasted Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

### Ingredients

- 2 pounds asparagus
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving salt and pepper freshly ground

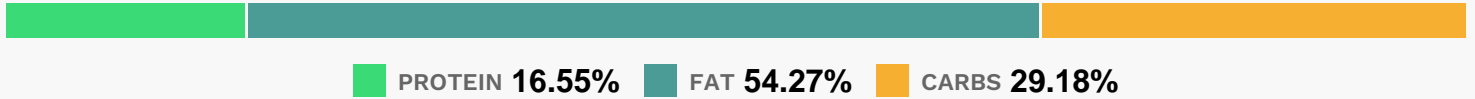
### Equipment

### Directions

- Grilled Asparagus

- Boiled Asparagus With Parsleyed Breadcrumbs
- Sautéed Asparagus With Garlic and Thyme
- Steamed Asparagus
- Asparagus and Lemon Risotto
- Easy Sesame Asparagus

## Nutrition Facts



### Properties

Glycemic Index:5.33, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:11.720869655194%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

### Nutrients (% of daily need)

Calories: 71.49kcal (3.57%), Fat: 4.85g (7.46%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 2.69g (0.98%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 35.42mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin K: 65.71µg (62.58%), Vitamin A: 1143.05IU (22.86%), Folate: 78.62µg (19.66%), Iron: 3.26mg (18.12%), Vitamin E: 2.38mg (15.87%), Vitamin B1: 0.22mg (14.41%), Copper: 0.29mg (14.29%), Fiber: 3.18g (12.7%), Vitamin B2: 0.21mg (12.54%), Manganese: 0.24mg (11.95%), Vitamin C: 8.47mg (10.26%), Potassium: 305.47mg (8.73%), Phosphorus: 78.62mg (7.86%), Vitamin B3: 1.48mg (7.39%), Vitamin B6: 0.14mg (6.88%), Zinc: 0.82mg (5.44%), Magnesium: 21.17mg (5.29%), Selenium: 3.48µg (4.97%), Vitamin B5: 0.41mg (4.14%), Calcium: 36.35mg (3.64%)