



Oven-Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds asparagus fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup slivered almonds toasted

Equipment

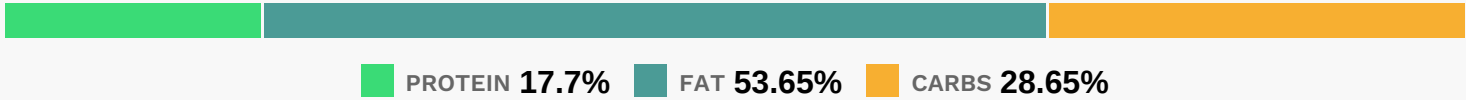
- ☐ baking sheet

☐ oven

Directions

- ☐ Snap off and discard tough ends of asparagus; place asparagus on a lightly greased baking sheet.
- ☐ Drizzle evenly with olive oil; sprinkle evenly with garlic, salt, and pepper.
- ☐ Bake at 350 for 10 minutes or to desired degree of tenderness.
- ☐ Transfer asparagus to a serving dish; sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:12.32652172835%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 7.9mg, Isorhamnetin: 7.9mg, Isorhamnetin: 7.9mg, Isorhamnetin: 7.9mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.06mg, Quercetin: 19.06mg, Quercetin: 19.06mg, Quercetin: 19.06mg

Nutrients (% of daily need)

Calories: 84.83kcal (4.24%), Fat: 5.67g (8.72%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 177.42mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin K: 58.47µg (55.69%), Vitamin E: 3.33mg (22.17%), Vitamin A: 1029.43IU (20.59%), Manganese: 0.37mg (18.33%), Folate: 73.18µg (18.3%), Iron: 3.15mg (17.53%), Copper: 0.32mg (15.85%), Vitamin B2: 0.25mg (14.98%), Fiber: 3.58g (14.31%), Vitamin B1: 0.21mg (13.84%), Phosphorus: 98.27mg (9.83%), Vitamin C: 7.9mg (9.58%), Potassium: 319.46mg (9.13%), Magnesium: 34.03mg (8.51%), Vitamin B3: 1.53mg (7.67%), Vitamin B6: 0.14mg (7.13%), Zinc: 0.92mg (6.1%), Selenium: 3.48µg (4.98%), Calcium: 49.39mg (4.94%), Vitamin B5: 0.4mg (4.05%)