



Oven-Roasted Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus trimmed thin
- 0.5 teaspoon pepper black
- 3 tablespoons olive oil
- 1 teaspoon sea salt

Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat an oven to 425 degrees F (220 degrees C).
- Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
- Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness.
- Sprinkle with lemon juice just before serving.

Nutrition Facts

  
 **PROTEIN 8.07%**  **FAT 77.32%**  **CARBS 14.61%**

Properties

Glycemic Index:16, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:9.3434782235519%

Flavonoids

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: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 115.95kcal (5.8%), Fat: 10.64g (16.37%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.1g (0.76%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 583.88mg (25.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin K: 53.53µg (50.98%), Vitamin E: 2.79mg (18.57%), Vitamin A: 851.87IU (17.04%), Folate: 58.54µg (14.64%), Iron: 2.5mg (13.86%), Copper: 0.22mg (10.82%), Vitamin B1: 0.16mg (10.74%), Manganese: 0.21mg (10.56%), Fiber: 2.43g (9.7%), Vitamin B2: 0.16mg (9.36%), Vitamin C: 6.3mg (7.64%), Potassium: 230.8mg (6.59%), Phosphorus: 58.9mg (5.89%), Vitamin B3: 1.1mg (5.52%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.61mg (4.08%), Magnesium: 16.19mg (4.05%), Selenium: 2.6µg (3.72%), Vitamin B5: 0.31mg (3.12%), Calcium: 28.57mg (2.86%)