



Oven-Roasted Asparagus with Lemon Olive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus
- ☐ 6 servings regular salt and fresh-ground pepper
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil lemon-flavored extra-virgin
- ☐ 2 teaspoons olive oil extra-virgin

Equipment

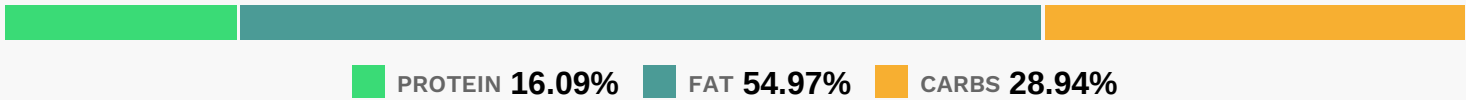
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Rinse asparagus; snap off tough stem ends and discard.
- ☐ Spread asparagus in a 10- by 15-inch baking pan.
- ☐ Drizzle with plain olive oil, then shake pan lightly to coat asparagus.
- ☐ Sprinkle lightly with salt and pepper.
- ☐ Bake in a 400 oven until asparagus is tender-crisp to bite, 9 to 10 minutes.
- ☐ Transfer to a platter.
- ☐ Sprinkle with lemon peel; drizzle with lemon-flavored oil.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:8.8804346789484%

Flavonoids

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: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 55.41kcal (2.77%), Fat: 3.8g (5.85%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 2.05g (0.75%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 196.17mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin K: 49.38µg (47.03%), Vitamin A: 857.62IU (17.15%), Folate: 59.05µg (14.76%), Iron: 2.45mg (13.63%), Vitamin E: 1.81mg (12.07%), Vitamin B1: 0.16mg (10.84%), Copper: 0.22mg (10.75%), Fiber: 2.45g (9.81%), Vitamin B2: 0.16mg (9.44%), Manganese: 0.18mg (8.98%), Vitamin C: 7.21mg (8.74%), Potassium: 230.21mg (6.58%), Phosphorus: 59.05mg (5.9%), Vitamin B3: 1.11mg (5.56%), Vitamin B6: 0.1mg (5.22%), Zinc: 0.61mg (4.1%), Magnesium: 15.98mg (4%), Selenium: 2.61µg (3.73%), Vitamin B5: 0.31mg (3.13%), Calcium: 28.27mg (2.83%)