



HEALTH SCORE

59%

Oven-Roasted Asparagus With Thyme



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus spears
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 large garlic clove halved
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

Equipment

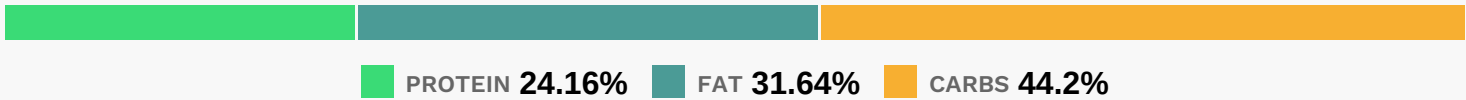
- ☐ oven

- ☐ knife
- ☐ baking pan
- ☐ peeler

Directions

- ☐ Preheat oven to 40
- ☐ Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired. Set aside.
- ☐ Rub cut sides of garlic over a 13 x 9-inch baking dish; place garlic in dish.
- ☐ Add asparagus; drizzle with oil.
- ☐ Sprinkle asparagus with salt, thyme, and pepper; toss gently.
- ☐ Bake at 400 for 20 minutes, stirring once.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:13.241738982823%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg, Quercetin: 23.79mg

Nutrients (% of daily need)

Calories: 53.3kcal (2.67%), Fat: 2.22g (3.41%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 3.33g (1.21%), Sugar: 3.21g (3.56%), Cholesterol: 0mg (0%), Sodium: 294.31mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin K: 73.25µg (69.77%), Vitamin A: 1289.06IU (25.78%), Folate: 88.67µg (22.17%), Iron: 3.76mg (20.87%), Vitamin B1: 0.25mg (16.35%), Copper: 0.33mg (16.31%), Manganese: 0.3mg (15.15%), Vitamin E: 2.22mg (14.78%), Fiber: 3.64g (14.57%), Vitamin B2: 0.24mg (14.18%), Vitamin C: 9.79mg (11.87%), Potassium: 348.85mg (9.97%), Phosphorus: 89.92mg (8.99%), Vitamin B3: 1.67mg (8.37%), Vitamin B6: 0.16mg (8.24%), Zinc: 0.93mg (6.22%), Magnesium: 24.36mg (6.09%), Selenium: 4.03µg (5.75%), Vitamin B5: 0.47mg (4.72%), Calcium: 44.12mg (4.41%)