



Pan-Roasted Asparagus with Lemon Rind

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



23 kcal

SIDE DISH

Ingredients

- 1 pound asparagus
- 0.3 teaspoon pepper black freshly ground
- 2 garlic cloves chopped
- 2 strips lemon rind (2-inch)
- 1 teaspoon olive oil
- 1 sprig rosemary (1-inch)
- 0.5 teaspoon salt
- 0.5 cup water

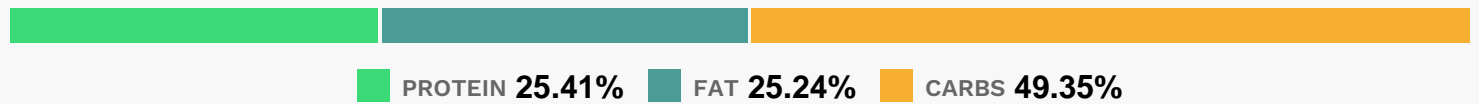
Equipment

- frying pan

Directions

- Snap off tough ends of asparagus.
- Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add asparagus, rind, garlic, and rosemary; saut 3 minutes or until asparagus is lightly browned.
- Add 1/2 cup water to pan; cook 5 minutes or until asparagus is crisp-tender and liquid almost evaporates. Discard rind and rosemary.
- Sprinkle asparagus with salt and pepper; toss well.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:5.9947825825733%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 22.92kcal (1.15%), Fat: 0.77g (1.18%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 196.52mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 32µg (30.48%), Vitamin A: 572.76IU (11.46%), Folate: 39.45µg (9.86%), Iron: 1.66mg (9.2%), Copper: 0.15mg (7.53%), Manganese: 0.15mg (7.38%), Vitamin B1: 0.11mg (7.37%), Fiber: 1.67g (6.69%), Vitamin B2: 0.11mg (6.36%), Vitamin E: 0.95mg (6.35%), Vitamin C: 4.99mg (6.04%), Potassium: 158.57mg (4.53%), Vitamin B6: 0.08mg (4.12%), Phosphorus: 41.02mg (4.1%), Vitamin B3: 0.75mg (3.74%), Zinc: 0.42mg (2.83%), Magnesium: 11.27mg (2.82%), Selenium: 1.89µg (2.7%), Calcium: 21.7mg (2.17%), Vitamin B5: 0.22mg (2.15%)