



Parmesan Asparagus

 **Gluten Free**

READY IN



20 min.

SERVINGS



2

CALORIES



27 kcal

SIDE DISH

Ingredients

- 10 asparagus fresh trimmed
- 0.1 teaspoon garlic salt
- 1 tablespoon parmesan cheese grated

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease a baking sheet with cooking spray.
- Lightly coat asparagus with cooking spray; place on prepared baking sheet.
- Combine Parmesan cheese and garlic salt in a small bowl; set aside.
- Bake in preheated oven for 6 minutes; turn asparagus and continue baking until tender, about 6 minutes.
- Sprinkle Parmesan cheese mixture over asparagus.

Nutrition Facts

PROTEIN 32.45% **FAT 23.24%** **CARBS 44.31%**

Properties

Glycemic Index:16, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:6.3965216674235%

Flavonoids

Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 26.52kcal (1.33%), Fat: 0.8g (1.22%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.51g (1.67%), Cholesterol: 2.17mg (0.73%), Sodium: 190.69mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin K: 33.32µg (31.74%), Vitamin A: 626.42IU (12.53%), Folate: 41.75µg (10.44%), Iron: 1.72mg (9.58%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.62%), Vitamin B2: 0.12mg (7.14%), Fiber: 1.68g (6.72%), Manganese: 0.13mg (6.44%), Vitamin E: 0.92mg (6.11%), Phosphorus: 57.45mg (5.74%), Vitamin C: 4.48mg (5.43%), Potassium: 166.23mg (4.75%), Calcium: 41.39mg (4.14%), Vitamin B3: 0.78mg (3.92%), Selenium: 2.72µg (3.88%), Vitamin B6: 0.07mg (3.74%), Zinc: 0.54mg (3.6%), Magnesium: 12.08mg (3.02%), Vitamin B5: 0.23mg (2.27%)