

health-score58%

HEALTH SCORE

Parmesan Roasted Asparagus

 Gluten Free

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

122 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds asparagus fresh (30 large)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 lemons for serving cut in wedges,
- ☐ 2 tablespoons olive oil good
- ☐ 0.5 cup parmesan freshly grated

Equipment

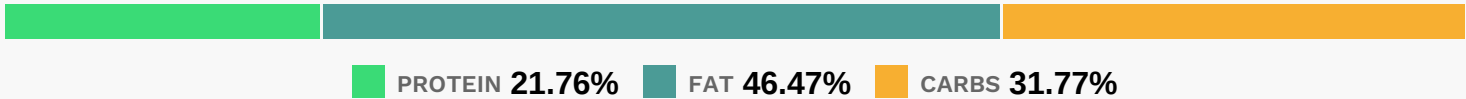
- ☐ frying pan

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ If the stalks of the asparagus are thick, peel the bottom 1/2 of each.
- ☐ Lay them in a single layer on a sheet pan and drizzle with olive oil.
- ☐ Sprinkle with salt and pepper. Roast for 15 to 20 minutes, until tender.
- ☐ Sprinkle with the Parmesan and return to the oven for another minute.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:17.520869468865%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 26.83mg, Quercetin: 26.83mg, Quercetin: 26.83mg, Quercetin: 26.83mg

Nutrients (% of daily need)

Calories: 122.37kcal (6.12%), Fat: 7.16g (11.01%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 6.01g (2.19%), Sugar: 4.52g (5.02%), Cholesterol: 5.67mg (1.89%), Sodium: 331.9mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Vitamin K: 81.71µg (77.82%), Vitamin C: 29.66mg (35.96%), Vitamin A: 1502.28IU (30.05%), Folate: 102.84µg (25.71%), Iron: 4.36mg (24.25%), Fiber: 5g (19.99%), Vitamin E: 2.88mg (19.21%), Vitamin B1: 0.29mg (19.2%), Copper: 0.37mg (18.72%), Vitamin B2: 0.3mg (17.74%), Phosphorus: 162mg (16.2%), Manganese: 0.32mg (16.11%), Calcium: 153.92mg (15.39%), Potassium: 440.31mg (12.58%), Vitamin B6: 0.21mg (10.43%), Vitamin B3: 1.91mg (9.54%), Selenium: 6.37µg (9.1%), Zinc: 1.27mg (8.49%), Magnesium: 33.15mg (8.29%), Vitamin B5: 0.63mg (6.25%), Vitamin B12: 0.1µg (1.67%)