



## Parmesan Roasted Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 2.5 pounds asparagus
- 0.3 teaspoon kosher salt
- 6 servings garnish: lemon wedges
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese freshly ground
- 0.3 teaspoon pepper freshly ground

### Equipment

- frying pan

oven

## Directions

Preheat oven to 40

Peel bottom half of asparagus stalks if they are thick. Arrange asparagus in a single layer on a sheet pan, and drizzle with olive oil.

Sprinkle with kosher salt and pepper. Roast at 400 for 15 minutes or until tender.

Sprinkle with Parmesan, and let stand for 1 minute or until cheese begins to melt.

Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19.42, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:15.895217466614%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 26.43mg, Quercetin: 26.43mg, Quercetin: 26.43mg, Quercetin: 26.43mg

## Nutrients (% of daily need)

Calories: 112.29kcal (5.61%), Fat: 7.05g (10.85%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 3.74g (1.36%), Sugar: 3.65g (4.05%), Cholesterol: 5.67mg (1.89%), Sodium: 266.61mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin K: 81.76µg (77.86%), Vitamin A: 1494.73IU (29.89%), Folate: 98.99µg (24.75%), Iron: 4.16mg (23.09%), Vitamin E: 2.83mg (18.86%), Vitamin B1: 0.27mg (18.27%), Copper: 0.36mg (18.09%), Vitamin B2: 0.29mg (17.33%), Fiber: 4.03g (16.1%), Manganese: 0.32mg (15.75%), Phosphorus: 156.45mg (15.64%), Calcium: 144.9mg (14.49%), Vitamin C: 11.11mg (13.47%), Potassium: 392.37mg (11.21%), Vitamin B3: 1.87mg (9.37%), Vitamin B6: 0.18mg (9.03%), Selenium: 6.23µg (8.9%), Zinc: 1.25mg (8.35%), Magnesium: 30.4mg (7.6%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.1µg (1.67%)