



Roasted Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed
- 0.1 teaspoon ground pepper red
- 4 servings lemon wedges
- 2 teaspoons olive oil
- 0.3 teaspoon salt

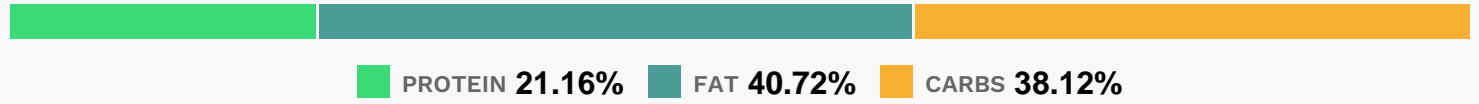
Equipment

- frying pan
- oven

Directions

- Combine olive oil, salt, ground red pepper, and asparagus on a jelly-roll pan.
- Bake at 450 for 6 minutes or until crisp-tender.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:8.789565179659%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 40.85kcal (2.04%), Fat: 2.15g (3.31%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 2.1g (0.76%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 147.69mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin K: 48.43µg (46.12%), Vitamin A: 883.52IU (17.67%), Folate: 59.14µg (14.79%), Iron: 2.45mg (13.61%), Vitamin B1: 0.16mg (10.85%), Copper: 0.22mg (10.75%), Vitamin E: 1.59mg (10.6%), Fiber: 2.43g (9.71%), Vitamin B2: 0.16mg (9.45%), Manganese: 0.18mg (9.05%), Vitamin C: 6.93mg (8.4%), Potassium: 231.75mg (6.62%), Phosphorus: 59.31mg (5.93%), Vitamin B3: 1.12mg (5.58%), Vitamin B6: 0.11mg (5.28%), Zinc: 0.61mg (4.1%), Magnesium: 16.05mg (4.01%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.31mg (3.13%), Calcium: 27.68mg (2.77%)