



Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 medium lemon zest
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 tablespoon olive oil

Equipment

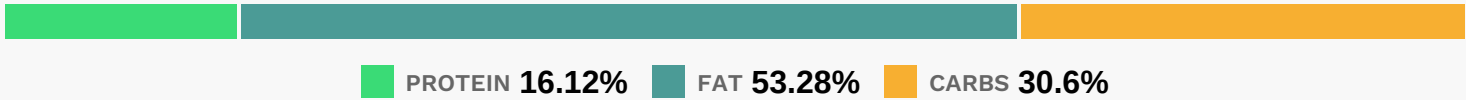
- ☐ oven

- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 500 degrees F.
- ☐ Lay the asparagus on a long double layer of heavy-duty aluminum foil.
- ☐ Drizzle with the olive oil and toss to coat.
- ☐ Spread the spears into a single layer. Fold the edges of the foil to make a tray. Roast in the oven for 5 minutes. Carefully toss the spears with tongs and roast just until tender and tips begin to brown, about 5 minutes more.
- ☐ Sprinkle with the zest, salt, nutmeg, and pepper, to taste, and toss to evenly distribute.
- ☐ Transfer to a serving platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:9.0704348087311%

Flavonoids

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: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 55.89kcal (2.79%), Fat: 3.73g (5.75%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 2.21g (0.8%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 293.17mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 49.44µg (47.09%), Vitamin A: 858.84IU (17.18%), Folate: 59.37µg (14.84%), Iron: 2.48mg (13.77%), Vitamin E: 1.79mg (11.93%), Copper: 0.22mg (10.99%), Vitamin B1: 0.16mg (10.94%), Fiber: 2.62g (10.47%), Vitamin C: 8.29mg (10.05%), Manganese: 0.2mg (10%), Vitamin B2: 0.16mg (9.49%), Potassium: 233.76mg (6.68%), Phosphorus: 59.84mg (5.98%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.32%), Magnesium: 16.74mg (4.18%), Zinc: 0.62mg (4.16%), Selenium: 2.63µg (3.75%), Vitamin B5: 0.32mg (3.17%), Calcium: 30.34mg (3.03%)