



Roasted Asparagus 3 Ways



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 1 lb asparagus
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons kosher salt
- ☐ 1 slices optional: lemon
- ☐ 1 tablespoon olive oil

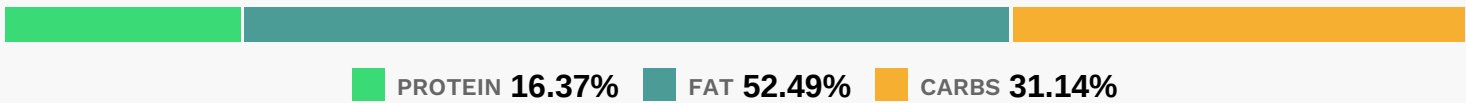
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425 degrees.
- ☐ Snap off hard ends of asparagus. Toss with olive oil, kosher salt, and pepper.
- ☐ Place in a single layer on a cookie sheet.
- ☐ Bake for 8 minutes or until crisp-soft.
- ☐ Garnish with lemon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:9.158260770466%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 55.38kcal (2.77%), Fat: 3.66g (5.63%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 2.33g (0.85%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 1165.21mg (50.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin K: 50.1µg (47.71%), Vitamin A: 860.41IU (17.21%), Folate: 59.24µg (14.81%), Iron: 2.52mg (13.97%), Manganese: 0.25mg (12.32%), Vitamin E: 1.79mg (11.95%), Copper: 0.22mg (11.13%), Vitamin B1: 0.16mg (10.89%), Fiber: 2.56g (10.23%), Vitamin B2: 0.16mg (9.48%), Vitamin C: 7.28mg (8.82%), Potassium: 238.4mg (6.81%), Phosphorus: 60.04mg (6%), Vitamin B3: 1.12mg (5.58%), Vitamin B6: 0.11mg (5.3%), Magnesium: 16.9mg (4.23%), Zinc: 0.62mg (4.15%), Selenium: 2.64µg (3.78%), Vitamin B5: 0.32mg (3.21%), Calcium: 30.64mg (3.06%)