

Roasted Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 4 servings aged balsamic vinegar
- ☐ 2 pounds asparagus trimmed peeled
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 4 servings parmesan for shaving

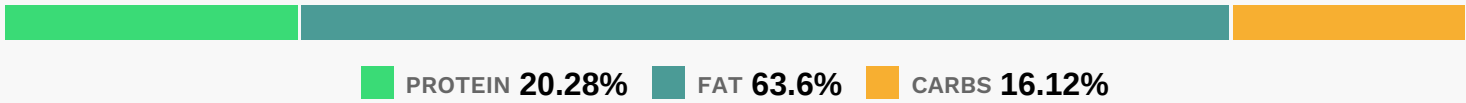
Equipment

- ☐ oven
- ☐ peeler

Directions

- ☐ Preheat oven to 400°F. Arrange asparagus spears in a single layer on a large rimmed baking sheet.
- ☐ Drizzle oil over asparagus and turn to coat. Season with salt and pepper. Roast, turning occasionally, until lightly browned and just tender, 18–20 minutes.
- ☐ Transfer asparagus to a platter. To serve, drizzle vinegar over hot asparagus and use a vegetable peeler to shave Parmesan over the spears.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:22.647391277811%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 301.05kcal (15.05%), Fat: 22.02g (33.88%), Saturated Fat: 6.95g (43.42%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 7.77g (2.82%), Sugar: 6.9g (7.66%), Cholesterol: 20.4mg (6.8%), Sodium: 489.12mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.61%), Vitamin K: 103.45µg (98.52%), Calcium: 414.53mg (41.45%), Vitamin A: 1949.43IU (38.99%), Phosphorus: 329.33mg (32.93%), Vitamin E: 4.65mg (30.97%), Folate: 120.05µg (30.01%), Iron: 5.3mg (29.46%), Vitamin B2: 0.42mg (24.68%), Vitamin B1: 0.34mg (22.41%), Copper: 0.44mg (22.19%), Manganese: 0.4mg (19.9%), Fiber: 4.79g (19.15%), Selenium: 11.97µg (17.1%), Vitamin C: 12.7mg (15.39%), Potassium: 505.12mg (14.43%), Zinc: 2.06mg (13.76%), Magnesium: 47.04mg (11.76%), Vitamin B6: 0.23mg (11.7%), Vitamin B3: 2.3mg (11.5%), Vitamin B5: 0.76mg (7.59%), Vitamin B12: 0.36µg (6%)