



Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus spears fresh trimmed
- ☐ 0.5 cup pinenuts toasted
- ☐ 1 plum tomatoes seeded chopped

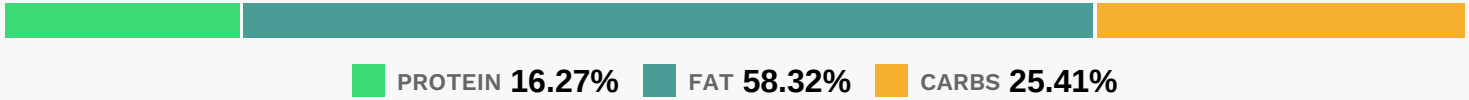
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Spray asparagus lightly with cooking spray, and arrange asparagus in an aluminum foil-lined pan.
- ☐ Bake at 425 for 7 minutes.
- ☐ Sprinkle asparagus with pine nuts and tomatoes.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:12.246521690617%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 80.86kcal (4.04%), Fat: 5.92g (9.11%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 2.82mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin K: 52.33µg (49.84%), Manganese: 0.93mg (46.53%), Vitamin A: 924.29IU (18.49%), Copper: 0.33mg (16.51%), Iron: 2.91mg (16.19%), Folate: 63µg (15.75%), Vitamin E: 2.11mg (14.07%), Vitamin B1: 0.2mg (13.05%), Fiber: 2.79g (11.15%), Phosphorus: 109.34mg (10.93%), Vitamin B2: 0.18mg (10.62%), Magnesium: 37.91mg (9.48%), Vitamin C: 7.48mg (9.07%), Potassium: 297.8mg (8.51%), Zinc: 1.17mg (7.8%), Vitamin B3: 1.53mg (7.63%), Vitamin B6: 0.12mg (5.87%), Selenium: 2.67µg (3.81%), Vitamin B5: 0.34mg (3.44%), Calcium: 29.34mg (2.93%)