



Roasted Asparagus and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 3 cups asparagus diagonally sliced
- ☐ 6 sprigs thyme leaves fresh
- ☐ 12 cloves garlic
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup white wine

Equipment

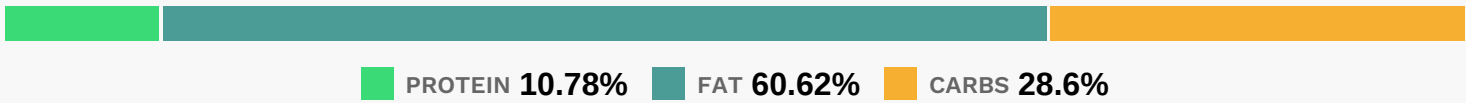
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Tear off 6 large pieces of foil. Divide garlic, olive oil, wine, asparagus, and thyme and arrange them on each piece of foil. Fold over each foil packet to seal.
- ☐ Place the packets on a baking sheet and roast for 20 to 25 minutes until the asparagus is tender, but still a little crisp. Carefully open packets and serve asparagus with juices poured on top.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:6.6426087877025%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

Nutrients (% of daily need)

Calories: 72.8kcal (3.64%), Fat: 4.79g (7.38%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.42g (1.57%), Cholesterol: 0mg (0%), Sodium: 3.04mg (0.13%), Alcohol: 1.03g (100%), Alcohol %: 1.47% (100%), Protein: 1.92g (3.84%), Vitamin K: 30.82µg (29.36%), Manganese: 0.24mg (11.75%), Vitamin A: 554.57IU (11.09%), Iron: 1.76mg (9.8%), Vitamin E: 1.43mg (9.56%), Folate: 35.57µg (8.89%), Vitamin C: 7.22mg (8.76%), Copper: 0.15mg (7.53%), Vitamin B1: 0.11mg (7.25%), Vitamin B6: 0.14mg (7.19%), Fiber: 1.67g (6.69%), Vitamin B2: 0.11mg (6.31%), Potassium: 172.64mg (4.93%), Phosphorus: 46.88mg (4.69%), Vitamin B3: 0.73mg (3.63%), Selenium: 2.4µg (3.43%), Magnesium: 13.48mg (3.37%), Calcium: 31.94mg (3.19%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.23mg (2.28%)