



Roasted Asparagus and Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



35 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus fresh trimmed
- 6 servings pepper black freshly ground to taste
- 0.5 pound mushrooms fresh quartered
- 2 sprigs rosemary leaves fresh minced
- 6 servings kosher salt to taste
- 2 teaspoons olive oil

Equipment

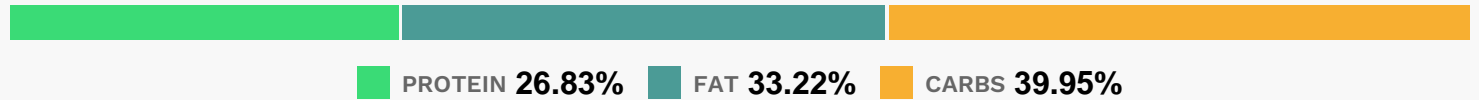
- bowl

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C). Lightly spray a cookie sheet with vegetable cooking spray.
- Place the asparagus and mushrooms in a bowl.
- Drizzle with the olive oil, then season with rosemary, salt, and pepper; toss well.
- Lay the asparagus and mushrooms out on the prepared pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:8.079130369684%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 35.4kcal (1.77%), Fat: 1.56g (2.4%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.23g (0.81%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 197.24mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 32.17µg (30.63%), Vitamin B2: 0.26mg (15.17%), Copper: 0.26mg (13.18%), Vitamin A: 568.52IU (11.37%), Folate: 45.48µg (11.37%), Vitamin B3: 2.1mg (10.5%), Iron: 1.82mg (10.08%), Vitamin B1: 0.14mg (9.2%), Fiber: 1.98g (7.93%), Potassium: 273.31mg (7.81%), Vitamin B5: 0.77mg (7.73%), Selenium: 5.25µg (7.49%), Manganese: 0.15mg (7.49%), Phosphorus: 71.69mg (7.17%), Vitamin E: 1.04mg (6.96%), Vitamin C: 5mg (6.06%), Vitamin B6: 0.11mg (5.4%), Zinc: 0.6mg (4.02%), Magnesium: 14.11mg (3.53%), Calcium: 19.82mg (1.98%)