



Roasted Asparagus and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 0.5 cup grape tomatoes
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots sliced

Equipment

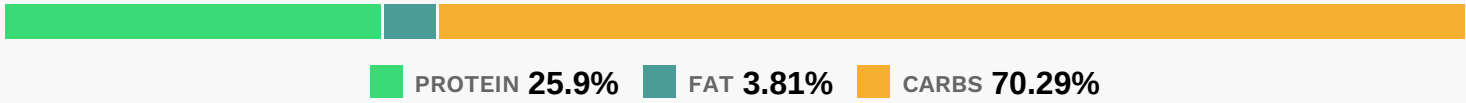
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine 1 pound trimmed asparagus, 1/2 cup cherry or grape tomatoes, 1/3 cup sliced shallots, 1 1/2 teaspoons chopped fresh thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper on a jelly-roll pan. Coat lightly with cooking spray.
- ☐ Bake at 400 for 6 minutes or until crisp-tender.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:10.552173790724%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg

Nutrients (% of daily need)

Calories: 41.3kcal (2.06%), Fat: 0.21g (0.32%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 5.33g (1.94%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 151mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin K: 49.01µg (46.67%), Vitamin A: 1049.54IU (20.99%), Folate: 68.82µg (17.21%), Iron: 2.86mg (15.88%), Manganese: 0.29mg (14.36%), Vitamin C: 11.68mg (14.16%), Fiber: 3.37g (13.49%), Copper: 0.25mg (12.43%), Vitamin B1: 0.18mg (12.09%), Vitamin B2: 0.17mg (10.07%), Potassium: 345.31mg (9.87%), Vitamin B6: 0.19mg (9.45%), Vitamin E: 1.39mg (9.27%), Phosphorus: 76.26mg (7.63%), Vitamin B3: 1.27mg (6.37%), Magnesium: 23.48mg (5.87%), Zinc: 0.74mg (4.92%), Selenium: 2.85µg (4.07%), Calcium: 40.05mg (4.01%), Vitamin B5: 0.39mg (3.89%)