



 **82%**
HEALTH SCORE

Roasted Asparagus on Parmesan Polenta

 **Gluten Free**  **Very Healthy**

READY IN



21 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus
- 0.3 cup chives fresh minced
- 2 tablespoons juice of lemon fresh (1 lemon)
- 8 ounce mushrooms whole halved
- 1.5 tablespoons olive oil
- 0.8 cup parmesan fresh
- 1 small onion red cut into wedges
- 0.5 teaspoon salt divided

- 4 cups water divided
- 1 cup cornmeal yellow

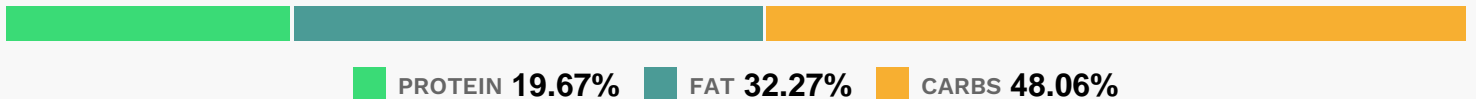
Equipment

- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 50
- Snap off tough ends of asparagus; cut spears into thirds.
- Combine asparagus, onion, and mushrooms on a foil-lined baking sheet.
- Drizzle with oil, and sprinkle with 1/4 teaspoon salt; toss gently.
- Bake at 500 for 8 minutes or until roasted.
- Combine 3 cups water and remaining 1/4 teaspoon salt in a large saucepan; bring to a boil.
- Stir cornmeal into remaining cup of water.
- Add cornmeal mixture to boiling water, stirring constantly. Cook 4 to 5 minutes or until thickened, stirring occasionally. Stir in cheese.
- Sprinkle vegetable mixture with chives and lemon juice; toss gently.
- Serve over polenta.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:19.74, Inflammation Score:-9, Nutrition Score:29.881738906321%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 14.47mg, Isorhamnetin: 14.47mg, Isorhamnetin: 14.47mg, Isorhamnetin: 14.47mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 37.44mg, Quercetin: 37.44mg, Quercetin: 37.44mg, Quercetin: 37.44mg

Nutrients (% of daily need)

Calories: 343.78kcal (17.19%), Fat: 12.96g (19.94%), Saturated Fat: 4.35g (27.21%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 33.81g (12.29%), Sugar: 7.56g (8.4%), Cholesterol: 12.75mg (4.25%), Sodium: 613.21mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Vitamin K: 103.34µg (98.42%), Phosphorus: 396.28mg (39.63%), Vitamin A: 1970.84IU (39.42%), Vitamin B2: 0.66mg (38.73%), Fiber: 9.62g (38.47%), Copper: 0.77mg (38.25%), Folate: 151.75µg (37.94%), Iron: 6.61mg (36.75%), Manganese: 0.69mg (34.5%), Vitamin B1: 0.51mg (34.21%), Calcium: 296.92mg (29.69%), Vitamin B6: 0.56mg (27.84%), Vitamin B3: 5.35mg (26.76%), Selenium: 17.26µg (24.66%), Vitamin C: 20.28mg (24.58%), Potassium: 839.06mg (23.97%), Vitamin E: 3.53mg (23.57%), Magnesium: 94.26mg (23.57%), Zinc: 3.36mg (22.38%), Vitamin B5: 1.84mg (18.43%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.21µg (1.38%)