

health-score 87%

HEALTH SCORE

Roasted Asparagus Tips

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

145 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus trimmed to 4 to 5-inch tips
- ☐ 0.3 juice of lemon juiced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper
- ☐ 1 shallots finely chopped
- ☐ 1 teaspoon freshly tarragon leaves chopped

Equipment

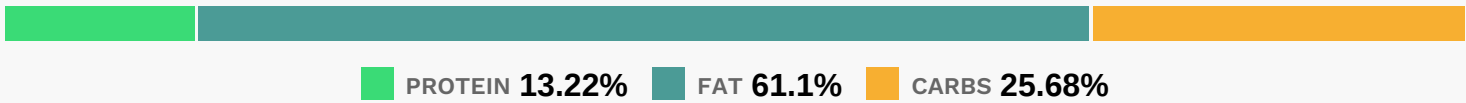
- ☐ baking sheet

☐ oven

Directions

- ☐ Pile asparagus onto a baking sheet.
- ☐ Combine lemon, shallot, extra-virgin olive oil and tarragon.
- ☐ Pour the dressing over the asparagus and turn to coat spears in fat. Season the asparagus with salt and pepper and roast 15 to 17 minutes at 375 degrees F.
- ☐ Remove asparagus from oven and toss with a squirt of lemon.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:18.503478444141%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 144.57kcal (7.23%), Fat: 10.82g (16.64%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.8g (5.34%), Cholesterol: 0mg (0%), Sodium: 199.61mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin K: 100.72µg (95.92%), Vitamin A: 1735.94IU (34.72%), Folate: 121.8µg (30.45%), Iron: 5.15mg (28.62%), Vitamin E: 4.08mg (27.2%), Vitamin B1: 0.33mg (21.98%), Copper: 0.44mg (21.9%), Manganese: 0.42mg (20.86%), Fiber: 5.01g (20.02%), Vitamin B2: 0.33mg (19.29%), Vitamin C: 14.18mg (17.18%), Potassium: 496.18mg (14.18%), Phosphorus: 123.4mg (12.34%), Vitamin B6: 0.24mg (12.04%), Vitamin B3: 2.28mg (11.39%), Magnesium: 34.92mg (8.73%), Zinc: 1.27mg (8.47%), Selenium: 5.32µg (7.59%), Vitamin B5: 0.64mg (6.42%), Calcium: 62.78mg (6.28%)