



 **74%**
HEALTH SCORE

Roasted Asparagus, Tomatoes, and Onions

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- 3 pounds asparagus
- 2 cups cherry tomatoes
- 3 teaspoons olive oil divided
- 16 ounce pearl onions frozen thawed
- 0.5 teaspoon salt divided
- 0.5 teaspoon sugar

Equipment

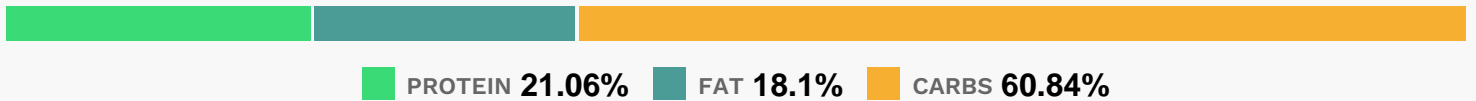
- bowl

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 42
- Coat 2 baking sheets with cooking spray.
- Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- Add onions, and sprinkle with sugar and 1/4 teaspoon salt. Cook, stirring frequently, until the onions are soft and golden, about 6 minutes. Set aside.
- Snap off tough ends of asparagus and discard.
- Combine with remaining 1 teaspoon oil, and remaining 1/4 teaspoon salt in a large bowl; toss to coat.
- Spread asparagus evenly on prepared pans.
- Place tomatoes in the bowl that held the asparagus, and toss to coat them in remaining oil and salt.
- Add onion.
- Roast the asparagus 10 minutes or until its brightly colored and still crisp. (Recipe may be prepared to this point up to a day ahead.)
- Add onion-and-tomato mixture to pans; cook 5 minutes or until tomatoes are heated.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:15.763478258382%

Flavonoids

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: 12.54mg, Isorhamnetin: 12.54mg, Isorhamnetin: 12.54mg, Isorhamnetin: 12.54mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 35.55mg, Quercetin:

35.55mg, Quercetin: 35.55mg, Quercetin: 35.55mg

Nutrients (% of daily need)

Calories: 77.63kcal (3.88%), Fat: 1.8g (2.77%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 8.84g (3.22%), Sugar: 6.78g (7.53%), Cholesterol: 0mg (0%), Sodium: 155.14mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin K: 72.93µg (69.46%), Vitamin A: 1469.22IU (29.38%), Vitamin C: 22.21mg (26.93%), Folate: 104.07µg (26.02%), Iron: 4.02mg (22.35%), Fiber: 4.8g (19.19%), Manganese: 0.38mg (19.07%), Vitamin B1: 0.28mg (18.85%), Copper: 0.37mg (18.58%), Vitamin E: 2.36mg (15.72%), Vitamin B2: 0.26mg (15.49%), Potassium: 507.63mg (14.5%), Vitamin B6: 0.25mg (12.61%), Phosphorus: 115.32mg (11.53%), Vitamin B3: 1.93mg (9.64%), Magnesium: 32.84mg (8.21%), Zinc: 1.07mg (7.12%), Selenium: 4.38µg (6.26%), Vitamin B5: 0.58mg (5.84%), Calcium: 58.07mg (5.81%)