



Roasted Asparagus with Almonds and Asiago

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds sliced
- 1 cup asiago cheese shaved
- 1.5 pounds pencil-thin asparagus (see Note)
- 1 tablespoon juice of lemon fresh for serving
- 3 tablespoons olive oil extra-virgin
- 6 servings salt and pepper freshly ground

Equipment

- baking sheet

oven

Directions

- Preheat the oven to 45
- On a large rimmed baking sheet, toss the asparagus with 2 tablespoons of the olive oil. Season with salt and pepper and roast for 15 minutes, until tender. Meanwhile, put the almonds in a pie plate and toast in the oven for 5 minutes, until golden.
- Transfer the asparagus to a platter and drizzle with the lemon juice and the remaining 1 tablespoon of olive oil. Season with salt and pepper. Scatter the Asiago over the asparagus, sprinkle with the almonds and serve with lemon wedges.
- Notes: If you prefer to serve thicker asparagus spears, add about 10 minutes to the roasting time.

Nutrition Facts

 **PROTEIN 20.21%** **FAT 66.55%** **CARBS 13.24%**

Properties

Glycemic Index:15.75, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:13.173912963142%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 6.6mg, Isorhamnetin: 6.6mg, Isorhamnetin: 6.6mg, Isorhamnetin: 6.6mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 180.2kcal (9.01%), Fat: 14g (21.54%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.55g (2.83%), Cholesterol: 11.33mg (3.78%), Sodium: 463.3mg (20.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Vitamin K: 51.67µg (49.21%), Vitamin E: 3.64mg (24.25%), Calcium: 239.13mg (23.91%), Phosphorus: 199.61mg (19.96%), Vitamin A: 988.05IU (19.76%), Vitamin B2:

0.27mg (16.12%), Folate: 62.65µg (15.66%), Iron: 2.81mg (15.6%), Manganese: 0.3mg (15.03%), Copper: 0.27mg (13.67%), Fiber: 3.09g (12.36%), Vitamin B1: 0.18mg (12.01%), Selenium: 6.58µg (9.4%), Magnesium: 37.21mg (9.3%), Vitamin C: 7.66mg (9.28%), Zinc: 1.23mg (8.21%), Potassium: 285.37mg (8.15%), Vitamin B3: 1.34mg (6.71%), Vitamin B6: 0.13mg (6.37%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.2µg (3.33%)