



Roasted Asparagus With Bacon and Feta Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- 12 medium asparagus trimmed
- 8 slices bacon crisp cooked
- 0.5 cup feta cheese crumbled
- 6 servings olive oil
- 6 servings salt and pepper to taste

Equipment

- frying pan

- baking sheet
- paper towels
- oven
- aluminum foil

Directions

- Preheat oven to 50
- Place the asparagus on a baking sheet covered with aluminum foil.
- Drizzle with olive oil, coat well, and add salt and pepper. Cook the asparagus for about 8 to 10 minutes, or until tender. In the meantime, cook the bacon in a skillet until crisp.
- Put the bacon on a paper towel, drain, and crumble; set aside.
- Remove the asparagus from the oven and put it on a platter.
- Sprinkle with bacon, then feta cheese.
- Serve warm.

Nutrition Facts

■ PROTEIN 11.27% ■ FAT 85.2% ■ CARBS 3.53%

Properties

Glycemic Index: 9.83, Glycemic Load: 0.31, Inflammation Score: -3, Nutrition Score: 6.4460869565217%

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: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Taste

Sweetness: 15.73%, Saltiness: 47.99%, Sourness: 7.87%, Bitterness: 10.74%, Savoriness: 35.85%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 213.21kcal (10.66%), Fat: 20.47g (31.49%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.6g (0.67%), Cholesterol: 21.69mg (7.23%), Sodium: 516.41mg (22.45%),

Protein: 6.1g (12.19%), Vitamin K: 21.97µg (20.92%), Vitamin E: 2.44mg (16.3%), Selenium: 8.02µg (11.46%), Vitamin B2: 0.18mg (10.32%), Phosphorus: 100.15mg (10.02%), Vitamin B1: 0.12mg (8.32%), Vitamin B3: 1.56mg (7.78%), Calcium: 70.74mg (7.07%), Vitamin B6: 0.14mg (6.96%), Vitamin A: 298.62IU (5.97%), Zinc: 0.86mg (5.73%), Vitamin B12: 0.33µg (5.46%), Iron: 0.95mg (5.26%), Folate: 20.64µg (5.16%), Copper: 0.08mg (3.79%), Potassium: 125.8mg (3.59%), Vitamin B5: 0.33mg (3.28%), Manganese: 0.06mg (2.85%), Fiber: 0.67g (2.69%), Magnesium: 10.17mg (2.54%), Vitamin C: 1.79mg (2.17%)