



WHATSheATE



Roasted Asparagus with Balsamic Browned Butter



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus spears thick trimmed
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lower-sodium soy sauce

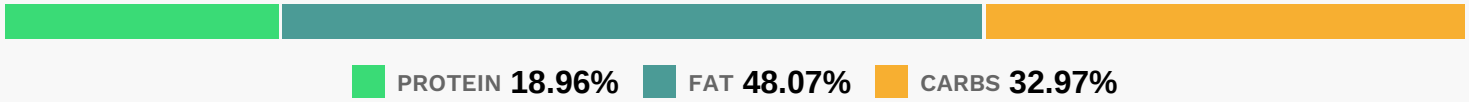
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange asparagus in a single layer on baking sheet; coat with cooking spray.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 400 for 12 minutes or until tender.
- ☐ Melt the butter in a small skillet over medium heat; cook for 3 minutes or until lightly browned, shaking pan occasionally.
- ☐ Remove from heat; stir in soy sauce and vinegar.
- ☐ Drizzle over asparagus, tossing well to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:8.7839129531513%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 49.12kcal (2.46%), Fat: 2.98g (4.58%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 2.2g (0.8%), Sugar: 2.23g (2.48%), Cholesterol: 7.53mg (2.51%), Sodium: 142.59mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin K: 47.47µg (45.21%), Vitamin A: 944.93IU (18.9%), Folate: 59.63µg (14.91%), Iron: 2.45mg (13.62%), Vitamin B1: 0.16mg (10.86%), Copper: 0.22mg (10.78%), Vitamin B2: 0.16mg (9.66%), Fiber: 2.4g (9.59%), Manganese: 0.19mg (9.47%), Vitamin E: 1.37mg (9.12%), Vitamin C: 6.35mg (7.7%), Potassium: 235.43mg (6.73%), Phosphorus: 62.05mg (6.21%), Vitamin B3: 1.13mg (5.63%), Vitamin B6: 0.11mg (5.27%), Magnesium: 16.94mg (4.23%), Zinc: 0.63mg (4.18%), Selenium: 2.65µg (3.79%), Vitamin B5: 0.32mg

(3.19%), Calcium: 28.78mg (2.88%)