



Roasted Asparagus with Balsamic-Shallot Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus spears
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped

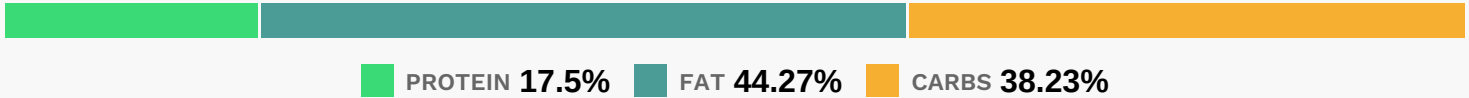
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Combine shallots, butter, vinegar, thyme, salt, and rind, stirring well with a whisk.
- ☐ Preheat oven to 45
- ☐ Snap off tough ends of asparagus. Arrange asparagus in a single layer on a jelly roll pan coated with cooking spray. Cover with foil; bake at 450 for 5 minutes. Uncover and bake an additional 10 minutes or until asparagus is crisp-tender.
- ☐ Pour butter mixture over asparagus, toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:9.0095651295522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 54.31kcal (2.72%), Fat: 2.98g (4.59%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 3.24g (1.18%), Sugar: 3.03g (3.37%), Cholesterol: 7.53mg (2.51%), Sodium: 244.19mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin K: 47.45µg (45.19%), Vitamin A: 956.84IU (19.14%), Folate: 60.48µg (15.12%), Iron: 2.55mg (14.15%), Copper: 0.22mg (11.02%), Vitamin B1: 0.16mg (10.99%), Fiber: 2.55g (10.2%), Manganese: 0.2mg (10.01%), Vitamin B2: 0.16mg (9.59%), Vitamin E: 1.36mg (9.1%), Vitamin C:

7.21mg (8.74%), Potassium: 248.68mg (7.11%), Phosphorus: 63.1mg (6.31%), Vitamin B6: 0.12mg (5.87%), Vitamin B3: 1.12mg (5.62%), Magnesium: 17.64mg (4.41%), Zinc: 0.64mg (4.26%), Selenium: 2.69µg (3.84%), Vitamin B5: 0.33mg (3.27%), Calcium: 31.84mg (3.18%)