



Roasted Asparagus with Balsamic Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- 2 pounds asparagus fresh trimmed
- 3 tablespoons balsamic vinegar
- 0.1 teaspoon ground pepper black
- 2 tablespoons olive oil
- 0.5 pinch ground sea salt

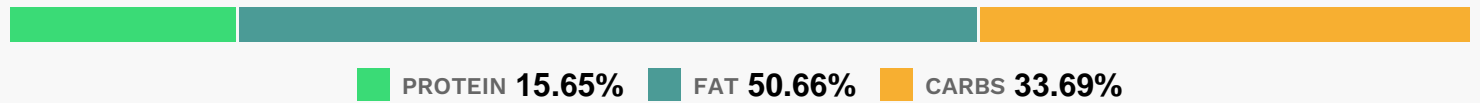
Equipment

- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Place asparagus in a shallow 9x13-inch baking dish.
- Sprinkle with oil, salt, and pepper; toss to coat.
- Bake in preheated oven until lightly browned, 15 to 20 minutes.
- Drizzle with vinegar just before serving.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:11.823912993721%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 78.64kcal (3.93%), Fat: 4.85g (7.46%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 4.07g (1.48%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 8.2mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin K: 65.78µg (62.64%), Vitamin A: 1143.28IU (22.87%), Folate: 78.63µg (19.66%), Iron: 3.32mg (18.46%), Vitamin E: 2.38mg (15.87%), Copper: 0.29mg (14.42%), Vitamin B1: 0.22mg (14.42%), Fiber: 3.19g (12.74%), Manganese: 0.25mg (12.73%), Vitamin B2: 0.21mg (12.54%), Vitamin C: 8.47mg (10.26%), Potassium: 314.98mg (9%), Phosphorus: 80.21mg (8.02%), Vitamin B3: 1.48mg (7.4%), Vitamin B6: 0.14mg (6.89%), Magnesium: 22.2mg (5.55%), Zinc: 0.82mg (5.49%), Selenium: 3.48µg (4.97%), Vitamin B5: 0.41mg (4.15%), Calcium: 38.68mg (3.87%)