



Roasted Asparagus with Browned Butter

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- 1 pound asparagus spears trimmed
- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 1.5 teaspoons thyme leaves fresh chopped
- 0.5 teaspoon kosher salt
- 1 teaspoon meyer lemon rind grated
- 2 tablespoons meyer lemon juice fresh
- 1 tablespoon olive oil

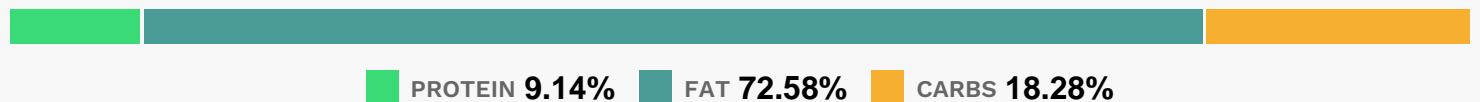
Equipment

- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 45
- Place asparagus in a roasting pan; drizzle with oil.
- Sprinkle evenly with salt and pepper.
- Bake at 450 for 8 minutes or until crisp-tender.
- Melt butter in a small skillet over medium heat; cook 3 minutes or until lightly browned, shaking pan occasionally.
- Remove from heat; stir in juice.
- Drizzle butter mixture over asparagus; toss well to coat.
- Sprinkle thyme and rind over asparagus.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:9.6556520960901%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 106.89kcal (5.34%), Fat: 9.35g (14.39%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.36g (2.62%), Cholesterol: 15.05mg (5.02%), Sodium: 338.23mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin K: 49.98µg (47.6%), Vitamin A: 1069.26IU (21.39%), Folate: 61.17µg (15.29%), Iron: 2.61mg (14.48%), Vitamin C: 11.11mg (13.46%), Vitamin E: 1.96mg (13.08%), Copper: 0.22mg (11.1%), Vitamin B1: 0.17mg (11.02%), Manganese: 0.21mg (10.5%), Fiber: 2.58g (10.3%), Vitamin B2: 0.17mg (9.85%), Potassium: 246.49mg (7.04%), Phosphorus: 62.44mg (6.24%), Vitamin B3: 1.14mg (5.68%), Vitamin B6: 0.11mg (5.54%), Magnesium: 17.99mg (4.5%), Zinc: 0.64mg (4.26%), Selenium: 2.7µg (3.85%), Vitamin B5: 0.34mg (3.35%), Calcium: 33.47mg (3.35%)