



HEALTH SCORE

59%

Roasted Asparagus with Dijon-Lemon Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus spears trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 4 teaspoons olive oil extravirgin divided
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

☐

1 teaspoon lemon rind grated

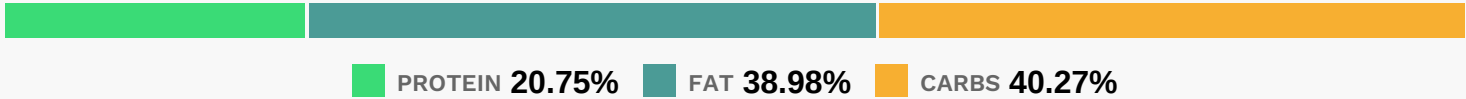
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425
- ☐ Combine asparagus, 2 teaspoons olive oil, salt, and garlic in a large bowl, tossing well to coat. Arrange asparagus mixture in a single layer on a baking sheet.
- ☐ Bake at 425 for 12 minutes or until crisp-tender.
- ☐ Combine remaining 2 teaspoons oil, rind, juice, mustard, and pepper in a small bowl, stirring with a whisk. Arrange asparagus on a platter; drizzle juice mixture over asparagus.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:12.596521730008%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg 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: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 21.18mg, Quercetin: 21.18mg, Quercetin: 21.18mg, Quercetin: 21.18mg

Nutrients (% of daily need)

Calories: 57.26kcal (2.86%), Fat: 2.89g (4.44%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 3.41g (1.24%), Sugar: 3g (3.34%), Cholesterol: 0mg (0%), Sodium: 202.08mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 75.6µg (72%), Vitamin A: 1200.52IU (24.01%), Folate: 80.75µg (20.19%), Iron: 3.33mg (18.51%), Vitamin B1: 0.22mg (14.74%), Copper: 0.29mg (14.62%), Vitamin C: 12.03mg (14.58%), Vitamin E: 2.11mg (14.06%), Manganese: 0.27mg (13.51%), Fiber: 3.31g (13.23%), Vitamin B2: 0.22mg (12.73%), Potassium: 320.6mg (9.16%), Phosphorus: 81.56mg (8.16%), Vitamin B6: 0.15mg (7.7%), Vitamin B3: 1.5mg (7.52%), Zinc: 0.84mg (5.62%), Magnesium: 22.45mg (5.61%), Selenium: 3.77µg (5.39%), Vitamin B5: 0.43mg (4.33%), Calcium: 40.54mg (4.05%)