



Roasted Asparagus with Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pound asparagus trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup feta french crumbled (preferably)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon salt

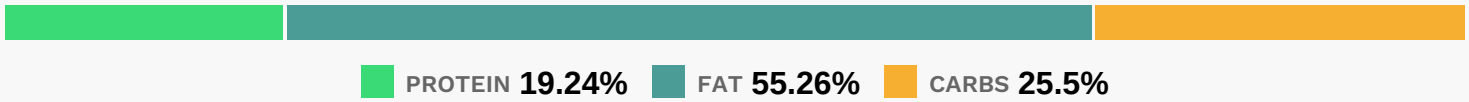
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 500°F.
- ☐ Toss asparagus with oil, salt, and pepper in a large shallow baking pan and arrange in 1 layer. Roast, shaking pan once about halfway through roasting, until asparagus is just tender when pierced with a fork, 8 to 14 minutes total.
- ☐ Serve asparagus sprinkled with cheese.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:16.155217464851%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg, Isorhamnetin: 10.77mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 26.42mg, Quercetin: 26.42mg, Quercetin: 26.42mg, Quercetin: 26.42mg

Nutrients (% of daily need)

Calories: 112.39kcal (5.62%), Fat: 7.58g (11.67%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.55g (3.95%), Cholesterol: 11.13mg (3.71%), Sodium: 340.18mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin K: 81.79µg (77.9%), Vitamin A: 1482.02IU (29.64%), Folate: 102.29µg (25.57%), Iron: 4.16mg (23.12%), Vitamin B2: 0.37mg (21.89%), Vitamin B1: 0.29mg (19.31%), Vitamin E: 2.83mg (18.87%), Copper: 0.36mg (18.12%), Fiber: 3.99g (15.96%), Manganese: 0.31mg (15.66%), Phosphorus: 140.54mg (14.05%), Vitamin C: 10.58mg (12.83%), Vitamin B6: 0.23mg (11.26%), Potassium: 390.72mg (11.16%), Calcium: 107.52mg (10.75%), Vitamin B3: 1.97mg (9.87%), Zinc: 1.38mg (9.21%), Selenium: 6.23µg (8.9%), Magnesium: 28.98mg (7.25%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.21µg (3.52%)