



Roasted Asparagus with Feta Cheese

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 4 bunches asparagus ends trimmed
- ☐ 4 tablespoons champagne vinegar
- ☐ 2 tablespoon dijon mustard
- ☐ 1 cup feta crumbled
- ☐ 16 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup olive oil
- ☐ 4 tablespoons olive oil

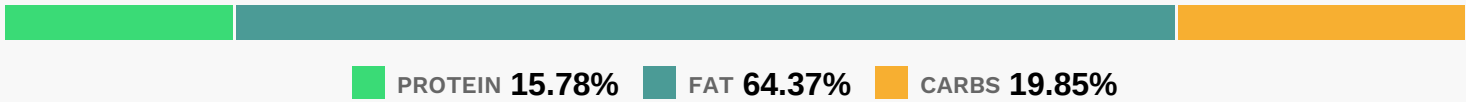
Equipment

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

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Divide and toss the asparagus with the olive oil, salt, and pepper, and arrange in a single layer on 2 to 3 separate large rimmed baking sheets.
- ☐ Place in the oven and roast until the spears are tender and the tips are turning golden and slightly charred, 10 to 12 minutes.
- ☐ Prepare the vinaigrette while the asparagus is roasting. To a bowl, add the Dijon mustard, vinegar, salt, and pepper.
- ☐ Whisk in the olive oil to emulsify. Taste for seasoning and adjust, if necessary.
- ☐ Remove the asparagus from the oven and place on a serving platter.
- ☐ Drizzle with the vinaigrette and sprinkle with the feta cheese.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:10.175652224085%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 92.32kcal (4.62%), Fat: 7.07g (10.87%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 2.43g (0.89%), Sugar: 2.14g (2.38%), Cholesterol: 8.34mg (2.78%), Sodium: 130.17mg (5.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin K: 50.08µg (47.7%), Vitamin A: 891.94IU (17.84%), Folate: 61.65µg (15.41%), Iron: 2.55mg (14.18%), Vitamin B2: 0.24mg (14.07%), Vitamin E: 1.99mg (13.29%), Vitamin B1: 0.18mg (11.93%), Copper: 0.22mg (10.94%), Manganese: 0.2mg (10.13%), Fiber: 2.47g (9.87%), Phosphorus: 92.58mg (9.26%), Vitamin C: 6.33mg (7.67%), Calcium: 75.12mg (7.51%), Vitamin B6: 0.14mg (7.19%), Potassium: 238.71mg (6.82%), Selenium: 4.64µg (6.62%), Vitamin B3: 1.2mg (6.02%), Zinc: 0.89mg (5.95%), Magnesium: 18.75mg (4.69%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.16µg (2.64%)