



Roasted Asparagus with Garlic-Butter Breadcrumbs & Toasted Almonds

READY IN



30 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pound asparagus
- ☐ 1 cup breadcrumbs panko style
- ☐ 6 servings sea salt as needed
- ☐ 2 tablespoon olive oil extra virgin
- ☐ 4 clove garlic minced peeled
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup parmigiano-reggiano grated

- ☐ 1 tablespoon parsley minced
- ☐ 0.5 cup slivered almonds sliced
- ☐ 2 tablespoon butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place the almonds in a heavy, dry skillet set over medium heat. Toast stirring often until golden brown.
- ☐ Let them cool on a plate in a single layer, until serving time. In a small saucepan set over medium heat melt butter.
- ☐ Add half of the minced garlic and cook stirring often until fragrant and just beginning to color.
- ☐ Add the panko and toast, stirring constantly, for about 3 minutes until golden brown and crisp. remove from the heat and stir in the lemon zest and a pinch of salt. Set aside. Preheat oven to 400°F. Rinse clean the asparagus and trim the tough ends off and discard. In a foil-covered roasting pan lay the asparagus spears out in as close to a single layer as possible.
- ☐ Drizzle the olive oil over the spears, roll the asparagus back and forth until they are all covered with a thin layer of olive oil.
- ☐ Sprinkle with the remaining minced garlic, salt, and pepper.
- ☐ Roll the asparagus around once more to coat evenly.
- ☐ Place pan in the preheated oven and roast for 12 to 15 minutes, depending on how thick your asparagus spears are. The tips should be well-browned, and the spears tender when pierced with a fork.
- ☐ Transfers the warm asparagus to a serving tray. Toss with the grated Parmesan and lemon juice, then top with the reserved almonds and breadcrumbs.
- ☐ Serve topped with parsley and with lemon wedges on the side, optional.

Nutrition Facts

PROTEIN 13.42% FAT 53.68% CARBS 32.9%

Properties

Glycemic Index:27.17, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:16.646521604579%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 6.7mg, Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg, Isorhamnetin: 6.7mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg

Nutrients (% of daily need)

Calories: 242.6kcal (12.13%), Fat: 15.15g (23.31%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 16.46g (5.99%), Sugar: 3.96g (4.4%), Cholesterol: 12.87mg (4.29%), Sodium: 396.1mg (17.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.05%), Vitamin K: 62.67µg (59.69%), Manganese: 0.6mg (29.91%), Vitamin E: 4.41mg (29.41%), Vitamin B1: 0.36mg (24.24%), Folate: 85.74µg (21.43%), Vitamin A: 1063.95IU (21.28%), Iron: 3.78mg (21.02%), Vitamin B2: 0.35mg (20.88%), Copper: 0.36mg (18.24%), Fiber: 4.43g (17.73%), Phosphorus: 166.39mg (16.64%), Vitamin C: 11.8mg (14.3%), Calcium: 140.5mg (14.05%), Vitamin B3: 2.68mg (13.38%), Magnesium: 51.43mg (12.86%), Selenium: 8.8µg (12.57%), Potassium: 358.65mg (10.25%), Zinc: 1.31mg (8.73%), Vitamin B6: 0.17mg (8.58%), Vitamin B5: 0.51mg (5.05%), Vitamin B12: 0.12µg (2.02%)