



## Roasted Asparagus with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

### Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper

### Equipment

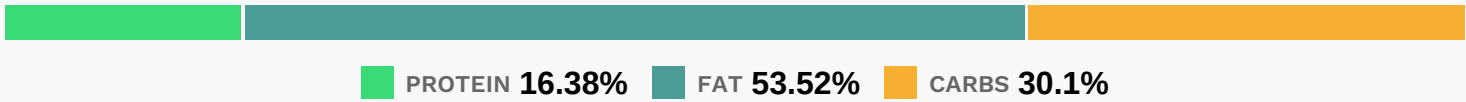
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F and line a large rimmed baking sheet with foil. Break off tough ends of asparagus.
- ☐ Place asparagus on baking sheet and drizzle with olive oil.
- ☐ In a small bowl, rub 1 tsp. salt with lemon zest until crumbly.
- ☐ Sprinkle over asparagus and toss to coat. Arrange asparagus in a single layer and roast until tender, 18 to 25 minutes, shaking baking sheet once or twice during cooking time.
- ☐ Season asparagus with pepper and sprinkle with lemon juice just before serving.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:8.90608695279%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 54.27kcal (2.71%), Fat: 3.64g (5.6%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 2.17g (0.79%), Sugar: 2.2g (2.44%), Cholesterol: 0mg (0%), Sodium: 196.18mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 49.28µg (46.93%), Vitamin A: 857.65IU (17.15%), Folate: 59.41µg (14.85%), Iron: 2.45mg (13.63%), Vitamin E: 1.79mg (11.93%), Vitamin B1: 0.16mg (10.86%), Copper: 0.22mg (10.76%), Fiber: 2.44g (9.76%), Vitamin B2: 0.16mg (9.45%), Vitamin C: 7.72mg (9.36%), Manganese: 0.18mg (8.99%), Potassium: 231.87mg (6.62%), Phosphorus: 59.18mg (5.92%), Vitamin B3: 1.11mg (5.56%), Vitamin B6: 0.1mg (5.25%), Zinc: 0.62mg (4.1%), Magnesium: 16.07mg (4.02%), Selenium: 2.61µg (3.73%), Vitamin B5: 0.31mg (3.15%), Calcium: 28.15mg (2.82%)