



Roasted Asparagus with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 36 asparagus trimmed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

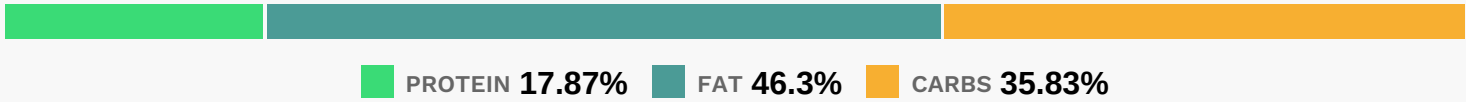
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Mix lemon juice, oil and lemon peel in 15 x 10 x 2-inch glass baking dish.
- ☐ Add asparagus; turn to coat.
- ☐ Sprinkle with salt and pepper. Roast asparagus until crisp-tender, turning occasionally, about 20 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:7.6630434367968%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg, Quercetin: 13.45mg

Nutrients (% of daily need)

Calories: 41.63kcal (2.08%), Fat: 2.47g (3.8%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 2.22g (0.81%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 2.06mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin K: 41.34µg (39.37%), Vitamin A: 726.38IU (14.53%), Folate: 51.46µg (12.87%), Iron: 2.08mg (11.53%), Vitamin C: 8.71mg (10.56%), Vitamin E: 1.43mg (9.55%), Vitamin B1: 0.14mg (9.29%), Copper: 0.18mg (9.15%), Fiber: 2.07g (8.3%), Vitamin B2: 0.14mg (8.04%), Manganese: 0.15mg (7.63%), Potassium: 202.2mg (5.78%), Phosphorus: 50.56mg (5.06%), Vitamin B3: 0.95mg (4.74%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.52mg (3.49%), Magnesium: 13.94mg (3.48%), Selenium: 2.22µg (3.17%), Vitamin B5: 0.27mg (2.74%), Calcium: 23.96mg (2.4%)