



Roasted Asparagus with Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

111 kcal

SIDE DISH

Ingredients



0.8 pound asparagus fresh



0.5 teaspoon dijon mustard



0.5 juice of lemon juiced



4 servings kosher salt and pepper black freshly ground



1 tablespoon olive oil



2 tablespoons olive oil extra-virgin

Equipment



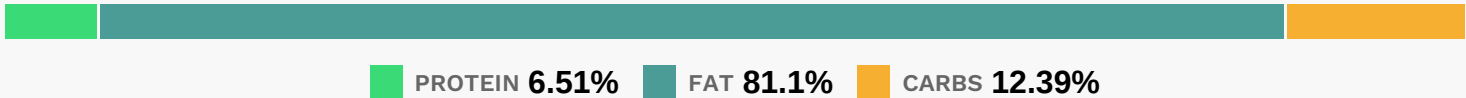
bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl toss the asparagus in the olive oil, and liberally season with salt and pepper.
- ☐ Spread the stalks out on a baking sheet, in a single layer, and roast until tender but still firm and moist, about 10 minutes.
- ☐ Meanwhile, make the vinaigrette: In a small bowl, vigorously whisk together the mustard and lemon juice.
- ☐ Slowly drizzle in the olive oil, whisking quickly to emulsify the olive oil into the juice mixture. Season with salt and pepper, to taste.
- ☐ Transfer the asparagus to a serving platter, toss with the vinaigrette and serve. The dish may be eaten warm or cold.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:7.3421739598979%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 111.29kcal (5.56%), Fat: 10.64g (16.36%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 8.84mg (0.38%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin K: 41.87µg (39.88%), Vitamin E: 2.48mg (16.55%), Vitamin A: 644.18IU (12.88%), Folate: 45.04µg (11.26%), Iron: 1.9mg (10.56%), Vitamin B1: 0.12mg (8.25%), Copper: 0.16mg (8.16%), Vitamin C: 6.22mg (7.54%), Manganese: 0.15mg (7.51%), Fiber: 1.85g (7.4%), Vitamin B2: 0.12mg (7.12%), Potassium: 178.03mg (5.09%), Phosphorus: 45.36mg (4.54%), Vitamin B3: 0.84mg (4.2%), Vitamin B6: 0.08mg (3.99%), Magnesium: 12.6mg (3.15%), Selenium: 2.18µg (3.11%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.24mg (2.41%), Calcium: 21.58mg (2.16%)