



Roasted Asparagus with Orange and Cumin



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon orange peel thin
- ☐ 8 servings salt and pepper

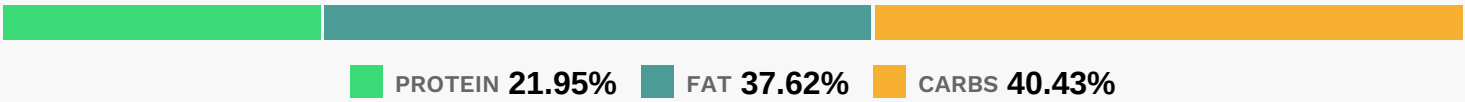
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Rinse asparagus; trim off stem ends. In a 12- by 17-inch baking pan, mix asparagus with olive oil, orange peel, and cumin.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Bake in a 450 oven until asparagus is tender when pierced, 10 to 12 minutes. Arrange on platter.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:8.893043362576%

Flavonoids

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: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 39.81kcal (1.99%), Fat: 1.94g (2.99%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 2.21g (0.8%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 196.54mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin K: 48.24µg (45.94%), Vitamin A: 863.61IU (17.27%), Folate: 59.22µg (14.8%), Iron: 2.61mg (14.5%), Vitamin B1: 0.16mg (10.98%), Copper: 0.22mg (10.87%), Vitamin E: 1.54mg (10.29%), Fiber: 2.49g (9.95%), Vitamin B2: 0.16mg (9.49%), Manganese: 0.19mg (9.4%), Vitamin C: 7.39mg (8.96%), Potassium: 235.18mg (6.72%), Phosphorus: 60.37mg (6.04%), Vitamin B3: 1.13mg (5.64%), Vitamin B6: 0.11mg (5.28%), Magnesium: 16.96mg (4.24%), Zinc: 0.63mg (4.18%), Selenium: 2.63µg (3.76%), Vitamin B5: 0.31mg (3.14%), Calcium: 30.89mg (3.09%)