



Roasted Asparagus with Parmesan



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh ends trimmed
- ☐ 0.3 teaspoon garlic powder to taste
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 1 teaspoon sea salt

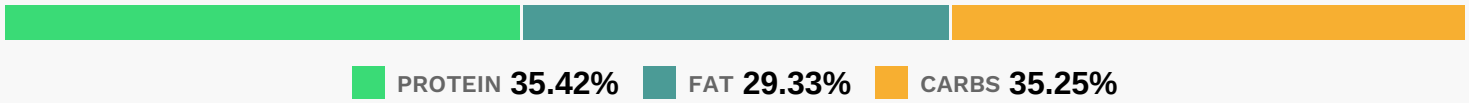
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spray the inside of a 9x13 casserole dish with olive oil cooking spray.
- ☐ Place asparagus in the dish and lightly spray spears with cooking spray.
- ☐ Sprinkle asparagus with Parmesan cheese, sea salt, and garlic powder.
- ☐ Roast in preheated oven until fork easily punctures thickest part of stem, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:9.5082609115735%

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: 47.8kcal (2.39%), Fat: 1.75g (2.7%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 2.34g (0.85%), Sugar: 2.19g (2.43%), Cholesterol: 4.25mg (1.42%), Sodium: 683.88mg (29.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin K: 47.28µg (45.03%), Vitamin A: 906.1IU (18.12%), Folate: 59.49µg (14.87%), Iron: 2.49mg (13.85%), Vitamin B1: 0.17mg (11.03%), Copper: 0.22mg (10.89%), Vitamin B2: 0.18mg (10.64%), Phosphorus: 103.12mg (10.31%), Calcium: 101.72mg (10.17%), Fiber: 2.4g (9.59%), Manganese: 0.18mg (9.19%), Vitamin E: 1.3mg (8.64%), Vitamin C: 6.35mg (7.7%), Potassium: 237.17mg (6.78%), Selenium: 4.06µg (5.8%), Vitamin B3: 1.13mg (5.64%), Vitamin B6: 0.11mg (5.6%), Zinc: 0.79mg (5.28%), Magnesium: 18.79mg (4.7%), Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.08µg (1.25%)