



Roasted Asparagus With Red Pepper Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus fresh trimmed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon basil dried
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings pepper sauce red

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon teriyaki sauce

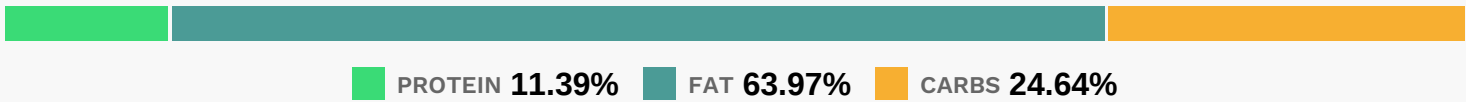
Equipment

- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Stir together oil and next 7 ingredients in an 11- x 7-inch baking dish.
- ☐ Add asparagus, and toss to coat.
- ☐ Bake, covered, at 375 for 35 minutes, turning asparagus once.
- ☐ Remove with a slotted spoon, and serve with Red Pepper Sauce.
- ☐ *2 (10-ounce) packages frozen asparagus, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:10.430869600047%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 94.77kcal (4.74%), Fat: 7.23g (11.12%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.56g (1.3%), Sugar: 3.4g (3.77%), Cholesterol: 0mg (0%), Sodium: 315.53mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin K: 63.1µg (60.09%), Iron: 3.18mg (17.68%), Vitamin A: 863.43IU (17.27%), Vitamin E: 2.37mg (15.78%), Folate: 61.51µg (15.38%), Manganese: 0.28mg (13.89%), Copper: 0.24mg (11.82%), Vitamin B1: 0.16mg (10.98%), Fiber: 2.71g (10.82%), Vitamin B2: 0.17mg (10.04%), Vitamin C: 6.44mg (7.8%), Potassium: 262.7mg (7.51%), Phosphorus: 67.57mg (6.76%), Magnesium: 23.84mg (5.96%), Vitamin B3:

1.19mg (5.93%), Vitamin B6: 0.12mg (5.81%), Calcium: 45.65mg (4.57%), Zinc: 0.68mg (4.51%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.33mg (3.25%)