



Roasted Asparagus with Rhubarb Vinegar

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

98 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches asparagus fresh trimmed
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 3 stalks rhubarb chopped
- ☐ 1 small shallots sliced
- ☐ 0.5 cup balsamic vinegar white

Equipment

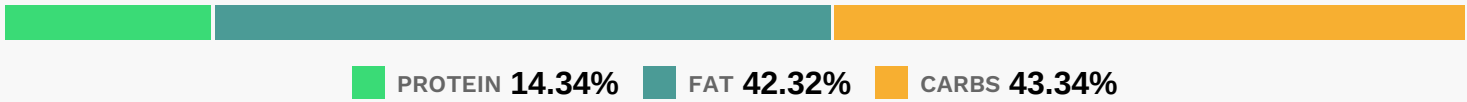
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Arrange the asparagus on a rimmed baking sheet, in a single layer, and drizzle with 1 tablespoon of olive oil. Season with salt and pepper, to taste, and roll the stalks around to coat evenly.
- ☐ Transfer the pan to the oven and roast, shaking the pan several times to turn the asparagus, until the tips are browned and crisp, 15 to 20 minutes.
- ☐ Meanwhile, heat the remaining 1 tablespoon of oil in a saucepan over medium heat.
- ☐ Add the shallots and cook until softened, 3 to 4 minutes.
- ☐ Add the rhubarb and cook an additional 2 to 3 minutes. Stir in the vinegar and simmer until the rhubarb is broken down but not mushy and the flavors are infused, 10 to 12 minutes. Strain the mixture through a fine mesh strainer into a small saucepan. Bring the mixture to a simmer over medium-low heat and simmer until thick and syrupy, about 5 minutes.
- ☐ To serve, arrange the asparagus on a large platter, drizzle with the rhubarb vinegar and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:13.078695753346%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg
Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Quercetin: 20.97mg,
Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg

Nutrients (% of daily need)

Calories: 98.31kcal (4.92%), Fat: 4.9g (7.54%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 11.3g (3.77%), Net
Carbohydrates: 7.55g (2.75%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 203.29mg (8.84%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin K: 72.71µg (69.25%), Vitamin A: 1160.18IU (23.2%),
Folate: 81.2µg (20.3%), Iron: 3.5mg (19.43%), Manganese: 0.33mg (16.37%), Vitamin E: 2.44mg (16.25%), Fiber: 3.74g
(14.97%), Copper: 0.3mg (14.91%), Vitamin B1: 0.22mg (14.81%), Vitamin C: 10.77mg (13.06%), Vitamin B2: 0.22mg
(12.94%), Potassium: 414.24mg (11.84%), Phosphorus: 88.11mg (8.81%), Vitamin B6: 0.16mg (7.85%), Vitamin B3:
1.55mg (7.76%), Magnesium: 27.49mg (6.87%), Calcium: 65.38mg (6.54%), Zinc: 0.87mg (5.8%), Selenium: 3.78µg
(5.4%), Vitamin B5: 0.44mg (4.45%)