



HEALTH SCORE

80%

Roasted Asparagus with Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches asparagus spears fresh trimmed
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons red wine vinegar divided
- ☐ 4 servings salt and pepper to taste
- ☐ 4 medium shallots thinly sliced

Equipment

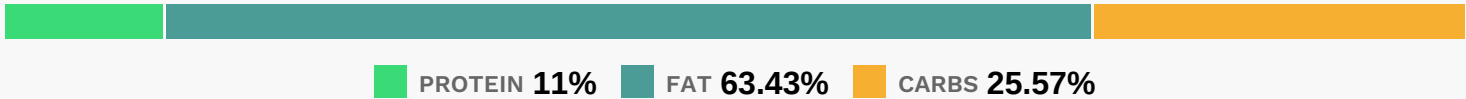
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Place the asparagus and shallots in a large bowl, and pour the olive oil and 2 tablespoons of the vinegar over them. Season with salt and pepper, and toss to coat evenly.
- ☐ Spread the asparagus spears out in a single layer on a baking sheet.
- ☐ Bake for 20 minutes in the preheated oven, or until tender and bright green. Shake the pan about half way through to roll the spears over so they cook evenly.
- ☐ Remove from the oven, and drizzle the remaining vinegar over the asparagus. Toss lightly to coat, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.3, Inflammation Score:-9, Nutrition Score:19.200434767682%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Quercetin: 31.45mg, Quercetin: 31.45mg, Quercetin: 31.45mg, Quercetin: 31.45mg

Nutrients (% of daily need)

Calories: 188.9kcal (9.44%), Fat: 14.3g (21.99%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 7.44g (2.7%), Sugar: 6.2g (6.89%), Cholesterol: 0mg (0%), Sodium: 202.47mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin K: 102.23µg (97.36%), Vitamin A: 1702IU (34.04%), Folate: 125.5µg (31.38%), Vitamin E: 4.57mg (30.46%), Iron: 5.25mg (29.14%), Vitamin B1: 0.34mg (22.45%), Copper: 0.45mg (22.43%), Fiber: 5.53g (22.1%), Manganese: 0.43mg (21.71%), Vitamin B2: 0.32mg (18.96%), Vitamin C: 14.66mg (17.77%), Potassium: 542.57mg (15.5%), Vitamin B6: 0.29mg (14.55%), Phosphorus: 132.9mg (13.29%), Vitamin B3: 2.25mg (11.25%), Magnesium: 37.21mg (9.3%), Zinc: 1.32mg (8.79%), Selenium: 5.48µg (7.82%), Vitamin B5: 0.69mg (6.89%), Calcium: 64.18mg (6.42%)