



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 fresh trimmed
- 4 tablespoons olive oil extra virgin 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



PROTEIN 11% **FAT 63.43%** **CARBS 25.57%**

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%)