



Roasted Asparagus with Shaved Parmesan

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus spears
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese fresh shaved
- ☐ 0.3 teaspoon salt

Equipment

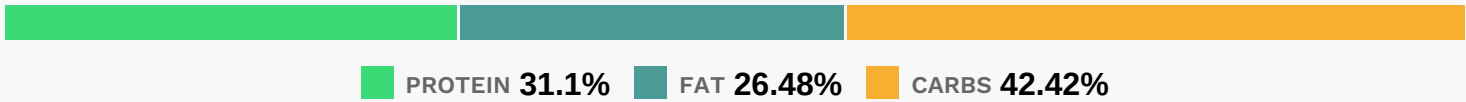
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Snap off tough ends of asparagus. Toss asparagus with olive oil, lemon juice, salt, and pepper.
- ☐ Place in a single layer on a nonstick baking sheet.
- ☐ Bake at 425 for 5 to 7 minutes or until asparagus is crisp-tender and lightly browned.
- ☐ Place asparagus on a serving platter; sprinkle evenly with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:9.0573913150507%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 37.49kcal (1.87%), Fat: 1.29g (1.98%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 2.23g (0.81%), Sugar: 2.18g (2.43%), Cholesterol: 1.7mg (0.57%), Sodium: 187.71mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin K: 47.72µg (45.45%), Vitamin A: 877.57IU (17.55%), Folate: 59.41µg (14.85%), Iron: 2.46mg (13.69%), Vitamin B1: 0.16mg (10.9%), Copper: 0.22mg (10.85%), Vitamin B2: 0.17mg (9.92%), Manganese: 0.2mg (9.81%), Fiber: 2.42g (9.67%), Vitamin E: 1.36mg (9.08%), Vitamin C: 6.83mg (8.28%), Phosphorus: 76.61mg (7.66%), Potassium: 234.35mg (6.7%), Calcium: 57.54mg (5.75%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.11mg (5.32%), Zinc: 0.68mg (4.56%), Selenium: 3.18µg (4.54%), Magnesium: 17.27mg (4.32%), Vitamin B5: 0.33mg (3.25%)