



Roasted-Garlic Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus ends trimmed thin
- ☐ 6 servings pepper black freshly ground
- ☐ 6 servings sea salt
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 8 cloves garlic fresh minced
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon onion powder

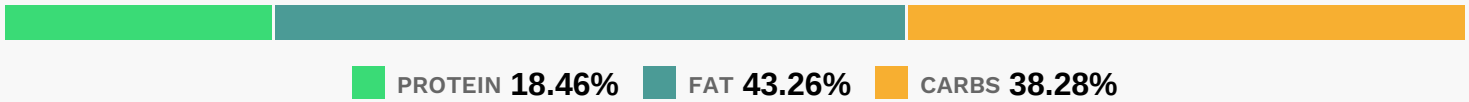
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400°F.
- ☐ Line a large jelly-roll pan with parchment paper. Set aside.
- ☐ In a small pot, heat the oil, garlic, onion powder, and parsley on medium-low heat. Cook for 3 minutes, until the garlic mixture is fragrant but not browned.
- ☐ Spread the asparagus in a single layer on the prepared pan. Lightly sprinkle with coarse sea salt and freshly ground pepper.
- ☐ Drizzle on the garlic-oil mixture.
- ☐ Roast for 8–10 minutes, until the asparagus are bright green; do not overcook.
- ☐ Transfer to a platter and serve hot.
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Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:13.5499999900486%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 21.21mg, Quercetin: 21.21mg, Quercetin: 21.21mg, Quercetin: 21.21mg

Nutrients (% of daily need)

Calories: 69.89kcal (3.49%), Fat: 3.82g (5.87%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 4.22g (1.54%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 198.58mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin K: 87.18µg (83.03%), Vitamin A: 1256.28IU (25.13%), Folate: 81µg (20.25%), Iron: 3.43mg (19.06%), Manganese: 0.33mg (16.27%), Copper: 0.3mg (15.16%), Vitamin B1: 0.23mg (15.13%), Vitamin E: 2.24mg (14.95%), Vitamin C: 11.57mg (14.02%), Fiber: 3.38g (13.52%), Vitamin B2: 0.22mg (12.9%), Vitamin B6: 0.19mg (9.55%), Potassium: 333.53mg (9.53%), Phosphorus: 86.75mg (8.67%), Vitamin B3: 1.53mg (7.63%), Zinc: 0.89mg (5.95%), Selenium: 4.1µg (5.86%), Magnesium: 23.39mg (5.85%), Calcium: 47.25mg (4.72%), Vitamin B5: 0.45mg (4.47%)