



Roasted Orange-Ginger Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 8 servings basil fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

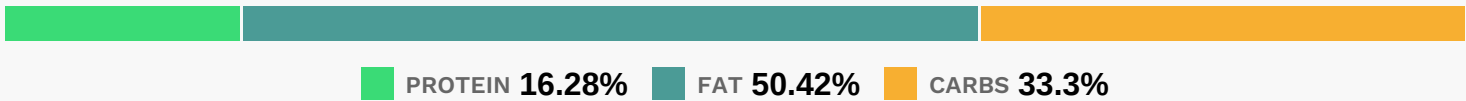
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Snap off and discard tough ends of asparagus; place asparagus on a lightly greased baking sheet.
- ☐ Whisk together orange juice, olive oil, and next 4 ingredients; drizzle mixture over asparagus, tossing to coat.
- ☐ Bake at 400 for 15 minutes or to desired degree of tenderness, turning once after 8 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:9.9721740017767%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 59.57kcal (2.98%), Fat: 3.74g (5.75%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 3.01g (1.09%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 168.59mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin K: 57.72µg (54.97%), Vitamin A: 979.96IU (19.6%), Folate: 62.89µg (15.72%), Iron: 2.57mg (14.26%), Vitamin C: 10.64mg (12.89%), Vitamin E: 1.81mg (12.09%), Vitamin B1: 0.17mg (11.58%), Copper: 0.23mg (11.49%), Manganese: 0.22mg (11.07%), Fiber: 2.54g (10.17%), Vitamin B2:

0.17mg (9.73%), Potassium: 257.8mg (7.37%), Phosphorus: 63.83mg (6.38%), Vitamin B3: 1.18mg (5.88%), Vitamin B6: 0.11mg (5.61%), Magnesium: 19.4mg (4.85%), Selenium: 3.27µg (4.67%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.34mg (3.38%), Calcium: 33.33mg (3.33%)