



Roasted Parmesan Asparagus

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 optional: lemon fresh cut into wedges
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese grated

Equipment

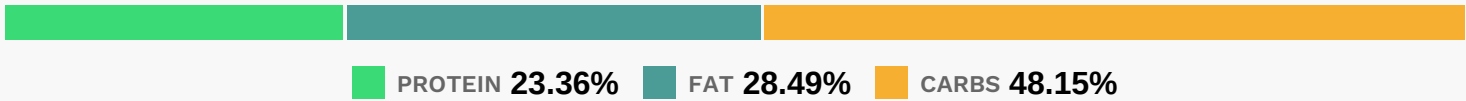
- ☐ baking sheet
- ☐ sauce pan

☐ oven

Directions

- ☐ Place oven rack on top third of oven.
- ☐ Preheat oven to 475 degrees F (245 degrees C).
- ☐ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- ☐ Add asparagus, cover, and steam until barely tender, 2 to 4 minutes depending on thickness.
- ☐ Place steamed asparagus on a rimmed baking sheet.
- ☐ Drizzle with olive oil and roll asparagus spears in oil until they are coated.
- ☐ Sprinkle with ground black pepper and Parmesan cheese.
- ☐ Bake in preheated oven until lightly browned, about 5 minutes. Do not turn or shake asparagus.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:10.313913133481%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg

Nutrients (% of daily need)

Calories: 50.19kcal (2.51%), Fat: 1.92g (2.96%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 4.14g (1.5%), Sugar: 2.81g (3.12%), Cholesterol: 2.17mg (0.73%), Sodium: 46.6mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin K: 48.02µg (45.74%), Vitamin C: 20.66mg (25.04%), Vitamin A: 885.54IU (17.71%), Folate: 62.11µg (15.53%), Iron: 2.62mg (14.54%), Fiber: 3.17g (12.68%), Vitamin

B1: 0.17mg (11.58%), Copper: 0.23mg (11.35%), Manganese: 0.21mg (10.27%), Vitamin B2: 0.17mg (10.24%), Vitamin E: 1.48mg (9.87%), Phosphorus: 79.33mg (7.93%), Potassium: 272.6mg (7.79%), Vitamin B6: 0.13mg (6.36%), Vitamin B3: 1.14mg (5.7%), Calcium: 56.9mg (5.69%), Selenium: 3.6µg (5.14%), Zinc: 0.74mg (4.92%), Magnesium: 19.12mg (4.78%), Vitamin B5: 0.37mg (3.72%)