



## Roasted Parmesan Asparagus

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 lb asparagus fresh
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parmesan shredded

### Equipment

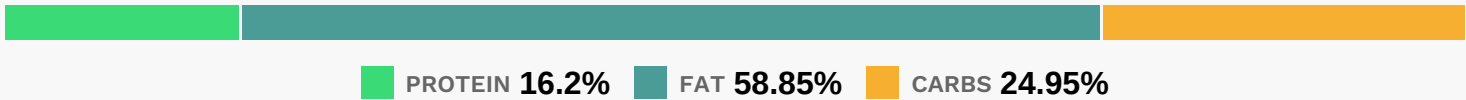
- ☐ bowl

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. Wash asparagus; break off tough ends where stalks snap easily. If desired, peel stems of spears.
- ☐ In shallow bowl, mix remaining ingredients except cheese; toss with asparagus to coat.
- ☐ Spread in pan.
- ☐ Roast uncovered 10 minutes.
- ☐ Sprinkle with cheese; toss to coat. Roast uncovered 5 to 8 minutes longer or until asparagus is crisp-tender.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:9.4582607809292%

## Flavonoids

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: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

## Nutrients (% of daily need)

Calories: 71.2kcal (3.56%), Fat: 5.11g (7.86%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 2.4g (0.87%), Sugar: 2.16g (2.4%), Cholesterol: 1.13mg (0.38%), Sodium: 222.83mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin K: 56.58µg (53.89%), Vitamin A: 873.22IU (17.46%), Folate: 59.87µg (14.97%), Iron: 2.51mg (13.96%), Vitamin E: 1.69mg (11.26%), Vitamin B1: 0.16mg (10.91%), Copper: 0.22mg (10.91%), Fiber: 2.48g (9.91%), Vitamin B2: 0.17mg (9.85%), Manganese: 0.19mg (9.69%), Vitamin C: 6.35mg (7.7%), Phosphorus: 72.56mg (7.26%), Potassium: 234.49mg (6.7%), Vitamin B3: 1.15mg (5.74%), Vitamin B6: 0.11mg (5.4%), Calcium: 49.82mg (4.98%), Zinc: 0.69mg (4.58%), Magnesium: 17.79mg (4.45%), Selenium: 3µg (4.29%), Vitamin B5: 0.32mg (3.24%)