



Roasted Potatoes and Asparagus with Parmesan

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed cut into 1-inch pieces
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 1 pound yukon gold potatoes cut into 1-inch pieces

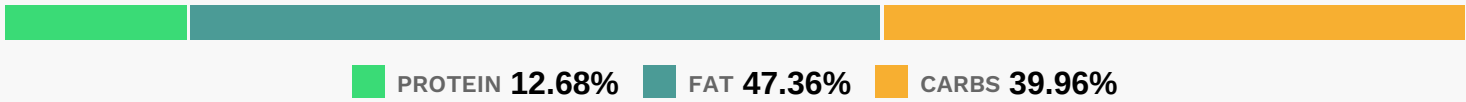
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F with rack in upper third.
- ☐ Toss together asparagus, potatoes, oil, and 1/2 teaspoon each of salt and pepper in a large shallow baking pan, spreading evenly. Roast, stirring once, 20 minutes.
- ☐ Sprinkle with cheese and roast until cheese is melted and golden in spots, about 3 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:15.22, Inflammation Score:-7, Nutrition Score:16.063912957907%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Quercetin: 16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg

Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 12.89g (19.83%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 19.6g (7.13%), Sugar: 3.08g (3.43%), Cholesterol: 5.67mg (1.89%), Sodium: 142.78mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.53%), Vitamin K: 55.79µg (53.13%), Vitamin C: 28.69mg (34.78%), Vitamin B6: 0.45mg (22.26%), Potassium: 714.24mg (20.41%), Fiber: 4.88g (19.5%), Folate: 77.69µg (19.42%), Iron: 3.44mg (19.1%), Vitamin E: 2.82mg (18.82%), Vitamin A: 924.64IU (18.49%), Phosphorus: 181.44mg (18.14%), Manganese: 0.35mg (17.72%), Vitamin B1: 0.26mg (17.08%), Copper: 0.34mg (16.97%), Calcium: 139.6mg (13.96%), Vitamin B2: 0.22mg (13.17%), Vitamin B3: 2.33mg (11.63%), Magnesium: 45.62mg (11.41%), Zinc: 1.17mg (7.8%), Selenium: 4.82µg (6.89%), Vitamin B5: 0.68mg (6.84%), Vitamin B12: 0.1µg (1.67%)