



Roasted Shallot Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 1 shallots minced
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

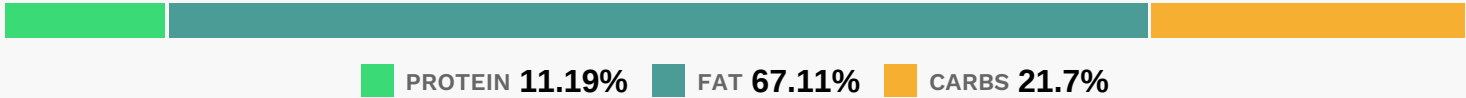
- ☐ frying pan

- ☐ oven
- ☐ whisk

Directions

- ☐ Snap off tough ends of asparagus. Toss asparagus with 2 tablespoons oil; place in a 15- x 10- inch jellyroll pan.
- ☐ Bake at 400, stirring occasionally, 30 to 45 minutes or until tender.
- ☐ Stir together shallot and next 3 ingredients; gradually whisk in remaining 2 tablespoons oil.
- ☐ Pour over asparagus, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:9.2521739317023%

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: 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: 85.63kcal (4.28%), Fat: 6.89g (10.61%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 2.5g (0.91%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 221.12mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin K: 51.47µg (49.02%), Vitamin A: 858.1IU (17.16%), Vitamin E: 2.26mg (15.04%), Folate: 60.05µg (15.01%), Iron: 2.53mg (14.07%), Copper: 0.22mg (10.96%), Vitamin B1: 0.16mg (10.94%), Manganese: 0.21mg (10.33%), Fiber: 2.51g (10.05%), Vitamin B2: 0.16mg (9.46%), Vitamin C: 6.62mg (8.02%), Potassium: 242.74mg (6.94%), Phosphorus: 61.34mg (6.13%), Vitamin B6: 0.11mg (5.72%), Vitamin B3: 1.12mg (5.58%), Magnesium: 16.9mg (4.23%), Zinc: 0.63mg (4.19%), Selenium: 2.65µg (3.79%), Vitamin B5: 0.32mg (3.22%), Calcium: 29.35mg (2.94%)