



Simple Roasted Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

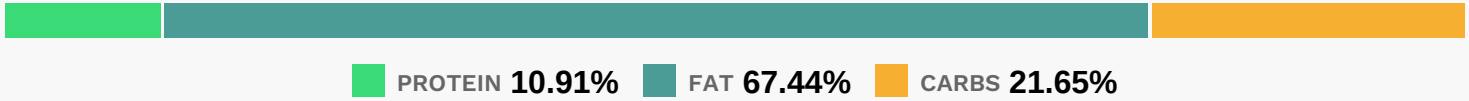
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to broil. Snap off and discard tough ends of asparagus. Arrange in 2 (15- x 10- inch) jelly-roll pans.
- ☐ Drizzle with olive oil.
- ☐ Broil, in 2 batches, 5 1/2 inches from heat 4 minutes or until tender.
- ☐ Sprinkle with sugar, salt, and pepper.
- ☐ Simple Roasted Green Beans: Substitute 2 lb. small, thin, fresh green beans, trimmed, for asparagus. Proceed with recipe as directed, broiling, in 2 batches, 7 to 8 minutes or until crisp-tender. Makes 8 servings; Prep: 10 min., Broil: 8 min. per batch

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:9.0826087308967%

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: 84.59kcal (4.23%), Fat: 6.89g (10.6%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 2.56g (0.93%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 147.78mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 51.44µg (48.99%), Vitamin A: 857.97IU (17.16%), Vitamin E: 2.25mg (15.03%), Folate: 58.99µg (14.75%), Iron: 2.48mg (13.77%), Vitamin B1: 0.16mg (10.82%), Copper: 0.22mg (10.81%), Manganese: 0.2mg (9.78%), Fiber: 2.41g (9.65%), Vitamin B2: 0.16mg (9.42%), Vitamin C: 6.35mg (7.7%), Potassium: 230.83mg (6.6%), Phosphorus: 59.16mg (5.92%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.1mg (5.18%), Zinc: 0.61mg (4.1%), Magnesium: 16.09mg (4.02%), Selenium: 2.62µg (3.74%), Vitamin B5: 0.31mg (3.12%), Calcium: 27.93mg (2.79%)