



Skeletal Fingers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients



4 servings pepper black freshly ground to taste



2 cloves garlic minced



4 servings kosher salt to taste



0.5 optional: lemon for squeezing



4 servings olive oil



1 pound asparagus white rinsed trimmed

Equipment



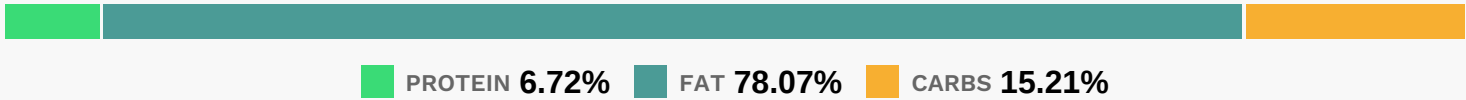
frying pan

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Line a roasting pan with foil and drizzle witholive oil.
- ☐ Place asparagus in pan and drizzle liberally with olive oil.
- ☐ Roll thespears back and forth until they are completely coated.
- ☐ Sprinkle on minced garlic, salt, and pepper.
- ☐ Roast for 8 to 10 minutes, until lightly browned and tender whenpierced with a fork.
- ☐ Remove from oven, squeeze fresh lemon juice over top, and garnishwith thyme leaves if using.
- ☐ Reprinted with permission from Matthew Mead's Monster Book of Halloween by Matthew Mead, (C) August 2009, Time Inc Home Entertainment

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:10.407391340836%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Nutrients (% of daily need)

Calories: 152.84kcal (7.64%), Fat: 14.19g (21.83%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 196.88mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin K: 55.79µg (53.13%), Vitamin E: 3.32mg (22.13%), Vitamin A: 860.94IU (17.22%), Vitamin C: 13.97mg (16.94%), Folate: 60.51µg (15.13%), Iron: 2.62mg (14.57%), Vitamin

B1: 0.17mg (11.38%), Copper: 0.23mg (11.26%), Fiber: 2.82g (11.26%), Manganese: 0.22mg (11.08%), Vitamin B2: 0.16mg (9.67%), Potassium: 255.22mg (7.29%), Vitamin B6: 0.13mg (6.64%), Phosphorus: 63.58mg (6.36%), Vitamin B3: 1.13mg (5.67%), Magnesium: 17.51mg (4.38%), Zinc: 0.64mg (4.26%), Selenium: 2.88µg (4.12%), Vitamin B5: 0.35mg (3.47%), Calcium: 34.14mg (3.41%)