



## Superfast Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



32 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus
- 1 teaspoon cajun spice

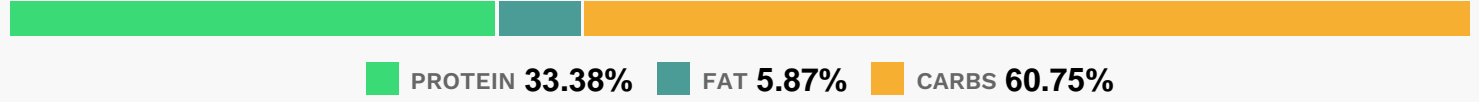
### Equipment

- baking sheet
- oven

### Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Snap the asparagus at the tender part of the stalk. Arrange spears in one layer on a baking sheet. Spray lightly with nonstick spray; sprinkle with the Cajun seasoning.
- Bake in the preheated oven until tender, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:12.017391381056%

## Flavonoids

Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

## Nutrients (% of daily need)

Calories: 32.12kcal (1.61%), Fat: 0.27g (0.41%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 2.82g (1.02%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 3.48mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin K: 63.43µg (60.41%), Vitamin A: 1471.41IU (29.43%), Folate: 78.95µg (19.74%), Iron: 3.38mg (18.76%), Vitamin B1: 0.22mg (14.56%), Copper: 0.29mg (14.53%), Fiber: 3.41g (13.63%), Vitamin B2: 0.22mg (13.02%), Vitamin E: 1.9mg (12.68%), Manganese: 0.25mg (12.47%), Vitamin C: 8.47mg (10.27%), Potassium: 320.62mg (9.16%), Phosphorus: 80.72mg (8.07%), Vitamin B3: 1.55mg (7.73%), Vitamin B6: 0.15mg (7.59%), Zinc: 0.85mg (5.64%), Magnesium: 22.35mg (5.59%), Selenium: 3.52µg (5.03%), Vitamin B5: 0.43mg (4.31%), Calcium: 37.81mg (3.78%)