



Thyme-Garlic Roasted Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



35 kcal

SIDE DISH

Ingredients

- 1 pound asparagus trimmed
- 0.5 teaspoon thyme leaves dried
- 3 garlic cloves minced
- 1 teaspoon olive oil
- 0.3 teaspoon salt

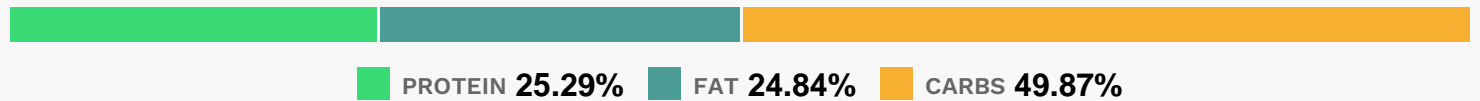
Equipment

- oven
- baking pan

Directions

- Preheat oven to 40
- Spread garlic in an 11 x 7-inch baking dish coated with cooking spray. Arrange asparagus in an even layer over garlic; drizzle with oil.
- Combine thyme and salt; sprinkle evenly over asparagus.
- Bake at 400 for 15 minutes or until asparagus is crisp-tender, turning once.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:9.1382609139318%

Flavonoids

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 35.22kcal (1.76%), Fat: 1.16g (1.78%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 2.75g (1%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 148.08mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin K: 49.96µg (47.58%), Vitamin A: 862.24IU (17.24%), Folate: 59.38µg (14.84%), Iron: 2.63mg (14.59%), Manganese: 0.23mg (11.35%), Vitamin B1: 0.17mg (11.15%), Copper: 0.22mg (11.11%), Fiber: 2.47g (9.9%), Vitamin E: 1.44mg (9.58%), Vitamin B2: 0.16mg (9.58%), Vitamin C: 7.11mg (8.62%), Potassium: 239.14mg (6.83%), Vitamin B6: 0.13mg (6.59%), Phosphorus: 62.66mg (6.27%), Vitamin B3: 1.13mg (5.65%), Zinc: 0.65mg (4.31%), Selenium: 2.93µg (4.19%), Magnesium: 16.72mg (4.18%), Calcium: 33.75mg (3.38%), Vitamin B5: 0.32mg (3.24%)