

Wasabi-Roasted Asparagus

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



40 kcal

SIDE DISH

Ingredients

- 12 ounces asparagus
- 0.3 teaspoon sesame oil
- 0.5 teaspoon soya sauce
- 2 servings wasabi powder to taste
- 1 tablespoon water

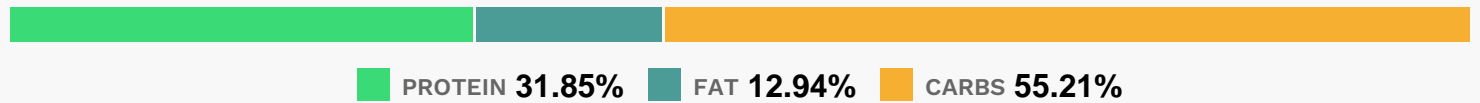
Equipment

- bowl

Directions

- Mix water, soy sauce, and sesame oil in a small bowl.
- Add wasabi, starting with 1/4 teaspoon and increasing until the mixture is as spicy as you want it.
- Brush the wasabi mixture over the asparagus, being sure to coat all sides. Roast until asparagus is tender but still crisp, about 10–15 minutes, turning once halfway through.
- Serve sprinkled with kosher salt, if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:12.973913006161%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 39.88kcal (1.99%), Fat: 0.71g (1.09%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 3.18g (1.16%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 87.65mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Vitamin K: 70.83µg (67.46%), Vitamin A: 1286.11IU (25.72%), Folate: 88.81µg (22.2%), Iron: 3.68mg (20.45%), Vitamin B1: 0.24mg (16.32%), Copper: 0.33mg (16.27%), Fiber: 3.62g (14.49%), Vitamin B2: 0.24mg (14.28%), Manganese: 0.28mg (13.91%), Vitamin E: 1.93mg (12.86%), Vitamin C: 9.73mg (11.8%), Potassium: 349.62mg (9.99%), Phosphorus: 90.8mg (9.08%), Vitamin B3: 1.73mg (8.63%), Vitamin B6: 0.16mg (7.96%), Zinc: 0.93mg (6.23%), Magnesium: 24.83mg (6.21%), Selenium: 3.92µg (5.61%), Vitamin B5: 0.47mg (4.73%), Calcium: 41.99mg (4.2%)