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## Easy Delicious Asparagus ♦♦

This recipe is a simple and delicious way to enjoy asparagus. It can be served as a side dish or a main course. The asparagus is lightly seasoned and roasted to perfection. The result is a tender and flavorful vegetable that pairs well with any meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	asparagus
2 tbsp	olive oil
1 teaspoon	salt
1 teaspoon	pepper

# Directions

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## Step 1

### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

Wash the asparagus and trim off the tough ends.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Baking

Place the asparagus on a baking sheet and drizzle with olive oil. Season with salt and pepper.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 4

### Baking

Roast the asparagus in the preheated oven for 10-15 minutes, or until tender and slightly browned.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Step 5

### Serving

Remove from the oven and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 40 kcal

**Fat:** 4 g

**Protein:** 2 g

**Carbohydrates:** 4 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	230 mg	6.76%	8.85%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Picnic

Game Day

## Cuisines

Italian

Chinese

Indian

American

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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