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Asparagus Herb Delight ♦♦

A delicious and flavorful dish made with fresh asparagus and a blend of herbs. Perfect for a special occasion or a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	asparagus
2 tbsp	olive oil
2 cloves	garlic
10 leaves	Fresh Basil
10 leaves	fresh parsley

1 salt
teaspoon

1 black pepper
teaspoon

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and trim the asparagus spears.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Mince the garlic cloves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Chop the fresh basil and parsley leaves.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

In a large mixing bowl, combine the asparagus, minced garlic, chopped basil, chopped parsley, olive oil, salt, and black pepper. Toss well to coat the asparagus evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Resting

Transfer the seasoned asparagus to a baking sheet and spread it out in a single layer.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 15-20 minutes, or until the asparagus is tender and slightly crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Cooling

Remove from the oven and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve the asparagus herb delight as a side dish or as a main course with your favorite protein.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	30 mg	33.33%	40%
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	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Mexican American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Iron High Calcium

Kitchen Tools

Blender Mixer Slow Cooker

Course

Appetizers Salads

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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