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Balsamic Asparagus ^{♦♦}

Balsamic Asparagus is a delicious vegetarian recipe that features asparagus cooked with balsamic vinegar. It is a simple and healthy dish that can be enjoyed as a side dish or a main course. The balsamic vinegar adds a tangy and slightly sweet flavor to the asparagus, making it a perfect addition to any meal.

Recipe Type: Vegetarian

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	balsamic vinegar
2 tbsp	olive oil
1 teaspoon	Salt

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

Cutting

Trim the ends of the asparagus spears.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Place the asparagus on a baking sheet.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Drizzle the asparagus with olive oil and balsamic vinegar.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stirring

Season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Stirring

Toss the asparagus to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Roasting

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

Prep Time: 0 mins

Cook Time: 15 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	3 g	7.89%	12%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Middle Eastern

Nutritional Content

High Protein Low Fat Sugar-Free

Kitchen Tools

Blender

Course

Salads Soups Snacks Sauces & Dressings

Cultural

Ramadan Easter

Cost

\$10 to \$20 \$30 to \$40

Demographics

Teen Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Lunch Supper

Difficulty Level

Medium

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