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Asparagus Parmesan ♦

Asparagus Parmesan is a delicious and savory dish that combines fresh asparagus with Parmesan cheese. It is commonly consumed as a side dish or appetizer. The asparagus is cooked until tender and then topped with melted Parmesan cheese, creating a flavorful and satisfying dish.

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
100 g	parmesan cheese
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper

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 and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sprinkling

Drizzle olive oil over the asparagus and sprinkle with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Roasting

Roast the asparagus in the preheated oven for 10-12 minutes, or until tender.

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Sprinkling

Remove the asparagus from the oven and sprinkle with grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Broiling

Return the asparagus to the oven and broil for 2-3 minutes, or until the cheese is melted and golden brown.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Serving

Serve the Asparagus Parmesan hot as a side dish or appetizer.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	20 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	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Barbecue

Cuisines

Italian French Thai Spanish American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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