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## Divine Asparagus ♦

A delicious vegetarian recipe featuring fresh asparagus. This dish is perfect for springtime and can be enjoyed as a side or main course.

**Recipe Type:** Vegetarian

**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
1 juice	Lemon
1 teaspoon	Salt

1 Black pepper  
teaspoon

## 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

Trim the ends of the asparagus spears.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Oven

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

**Prep Time:** 2 mins

**Cook Time:** 15 mins

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## Step 4

### Sprinkling

Sprinkle with minced garlic, salt, and black pepper.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

### Roasting

Roast in the oven for 15-20 minutes, or until the asparagus is tender and slightly browned.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

Remove from the oven and squeeze fresh lemon juice over the asparagus.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 90 kcal

**Fat:** 4 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
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	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	250 mg	10.87%	10.87%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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