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## Roasted Asparagus ♦♦

Roasted asparagus is a delicious and healthy side dish that pairs well with a variety of main courses. The asparagus is seasoned with olive oil, salt, and pepper, then roasted in the oven until tender and slightly crispy. It is a great way to enjoy this nutritious vegetable.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>500 g</b>	asparagus
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	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

Trim the tough ends off the asparagus spears.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Place the asparagus spears on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

### Stirring

Drizzle the asparagus with olive oil, then sprinkle with salt and pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Toss the asparagus to coat it evenly with the oil and seasonings.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Spread the asparagus out in a single layer on the baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Roasting

Roast the asparagus in the preheated oven for 12-15 minutes, or until tender and slightly crispy.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 8

Serving

Remove the roasted asparagus from the oven and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 20 kcal

**Fat:** 2 g

**Protein:** 1 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 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%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Picnic

### Course

Salads Snacks Sauces & Dressings Appetizers Side Dishes Breads

Soups

### Cooking Method

Pasteurizing

Cut

Cooking

Cooling

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastroparesis

Hepatitis

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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