

## **Roasted Asparagus**

**Prep Time: 5 min**

**Makes: 3 servings**

### **Ingredients:**

1 pound Asparagus, fresh or frozen works best.

2 tablespoon oil

½ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper



### **Directions:**

In large bowl, whisk together oil, garlic powder, salt, pepper. Add asparagus to bowl and toss in oil mixture until coated. Spread out evenly on baking sheet. Cook in oven at 400 degrees for 20-30 minutes until asparagus is fork tender.

### **Nutrition Information:**

#### **Amount: 1 serving**

Calories: 109

Total Fat: 83 g

Saturated Fat

1 g

Cholesterol

0 mg

Sodium

211 mg

Total Carbohydrate

5 g

Dietary Fiber

2 g

Total Sugars

2 g

Added Sugars included

0 g

Protein

3 g

Vitamin D

0 mcg

Calcium

29 mg

Iron

1 mg

Potassium

276 mg

N/A - data is not available