

Lemon Pepper Asparagus

Nothing says spring like asparagus and lemon pepper flavors pair with them perfectly.



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Gluten Free, Sides, Vegetables



SERVINGS

3 servings

CALORIES

50 kcal

INGREDIENTS

- 1 lb Asparagus ends trimmed
- 1/2 Tbsp olive oil
- 1 lemon zested and juiced
- 1/2 tsp Salt
- to taste fresh cracked black pepper

INSTRUCTIONS

1. Preheat oven to 400°F/204°C.
2. Toss the asparagus with olive oil and 1 Tbsp. lemon juice until evenly coated.
3. Sprinkle with salt, and then generously season with freshly-cracked black pepper.
4. Roast for 8-12 minutes, or until the tips begin to brown and the asparagus is tender.
5. Remove and garnish with lemon zest.

NUTRITION

Nutrition Facts

Lemon Pepper Asparagus

Amount Per Serving

Calories 50	Calories from Fat 18
% Daily Value*	
Fat 2g	3%
Saturated Fat 0.4g	3%
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 2g	
Sodium 321mg	14%
Potassium 305mg	9%
Carbohydrates 6g	2%
Fiber 3g	13%
Sugar 3g	3%
Protein 3g	6%
Vitamin A 1150IU	23%
Vitamin C 11.6mg	14%
Calcium 30mg	3%
Iron 3.2mg	18%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!