

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!