



Roasted Asparagus

INGREDIENTS

- 2 pounds asparagus
- ¼ cup olive oil
- 4 tablespoons Parmesan cheese

DIRECTIONS

Preheat oven to 450 degrees F. Trim asparagus and toss to coat with oil. Place on a baking pan in a single layer and sprinkle with Parmesan cheese. Roast for 5 to 10 minutes.

Nutrition Facts

Serving Size: (75g)
Servings Per Container: 13

Amount Per Serving	
Calories 60	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 10%	• Vitamin C 6%
Calcium 4%	• Iron 8%
Vitamin K 40%	• Folate 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: ASPARAGUS, OLIVE OIL, PARMESAN CHEESE