Broiled Asparagus

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Asparagus is at its best when you keep it simple. Just a little seasoning and broiling does the trick!

About the Recipe

17 Calories · 2 g Protein · 2 g Fiber
Side Dish
Gluten-free · Nut-free

Ingredients

Makes 3 Servings

- 1 pound (454 g) asparagus
- 1 tsp (5 mL) lemon juice
- 1/4 tsp (1.2 mL) iodized salt
- lemon pepper **optional*

Directions

1. Set the oven or toaster oven to broil. Line a baking sheet with parchment paper.
2. Wash and trim the asparagus. (Use a knife or break off ends where they naturally snap.) Pat the asparagus dry, and transfer to the prepared baking sheet.
3. Sprinkle with the lemon juice, toss to coat, and then sprinkle with the salt.
4. Broil for 5 to 6 minutes, or until the asparagus turns bright green. Remove, sprinkle with the lemon pepper (if using), and serve.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 17 kcal
Fat: <0.5 g
- **Saturated Fat:** 0 g
- **Calories From Fat:** 8%

Cholesterol: 0 mg
Protein: 2 g
Carbohydrates: 2 g
Sugar: 1 g
Fiber: 1.5 g
Sodium: 207 mg
Calcium: 17 mg
Iron: 0.7 mg
Vitamin C: 6 mg
Beta-Carotene: 450 mcg
Vitamin E: 1.1 mg