

**BAKED ASPARAGUS** 2 portions**INGREDIENTS**

- 500 grams of asparagus, raw
- 1 tablespoon of oil, olive [11 g]
- 9 cloves of garlic, raw [27 g]
- 30 grams of lemon juice, fresh

**COOKING METHOD**

1. Put asparagus in baking dish, season with spices, salt and add oil, lemon, crushed garlic. Bake it for 10 minutes, 200C.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION [284 g]	% DRI
ENERGY	42 kcal	121 kcal	6 %
FAT	2 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	3 mg	7 mg	0 %
CARBOHYDRATE	5 g	14 g	5 %
SUGARS	2 g	5 g	-
FIBER	2 g	6 g	22 %
PROTEIN	2 g	6 g	-