



**METABOLIC NUTRITION PROGRAM**

**Roasted Asparagus with Lemon**

Adapted from marthastewart.com

Servings Per Recipe: 6

Per Serving: 50 Calories, 3.4 gm Protein, 2.5 gm Fat, 6gm Carbohydrates

- 2 pounds asparagus, trimmed
- 1 Tablespoon extra virgin olive oil
- Coarse salt and freshly ground pepper
- ½ lemon, juice and zested
- Garnish: ½ lemon, cut into wedges

**Directions**

1. Preheat oven to 425°F. Arrange asparagus on a rimmed baking sheet, and drizzle with oil. Season with ½ teaspoon salt and ¼ teaspoon pepper. Roast until tender, 18-20 minutes, then transfer to a bowl.
2. Toss asparagus with lemon juice and zest and season with salt. Garnish with lemon wedges.

<b>Nutrition Facts</b>	
Serving Size (147g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 50</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 30%	• Vitamin C 20%
Calcium 4%	• Iron 8%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	