

# Baked Asparagus with Parmesan

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-asparagus-recipe>

## Ingredients:

- 1 pound asparagus
- 2 tablespoons olive oil
- salt
- black pepper
- 1/2 cup grated Parmesan cheese loosely packed, about 1.5 ounces or 40g, or to taste

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 4 grams
8. Sodium: 520 milligrams
9. Sugar: 3 grams

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