

Asparagus

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 bunch asparagus medium sized, about 1 lb
- 2 tablespoons extra virgin olive oil the most exquisite
- 2 tablespoons grated Parmesan cheese freshly, omit if cooking vegan
- 1 teaspoon lemon zest
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 240 milligrams
9. Sugar: 1 grams

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