

# Asparagus Roasted with Fresh Parmesan Cheese

*Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers*

*1 package asparagus  
extra-virgin olive oil  
salt (to taste)  
pepper (to taste)  
fresh grated Parmesan cheese*

Preheat the oven to 400 degrees,

Cut off 1-1/2-inch from the bottom of the asparagus. Lay the asparagus in a single layer on a cookie sheet. Drizzle with olive oil. Sprinkle with salt and pepper.

Place in the oven and roast for approximately 10 minutes or less, depending on the thickness of the asparagus.

Remove from the oven. Sprinkle with the Parmesan cheese.

Return to the oven until the cheese has melted and browns slightly.

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Per Serving (excluding unknown items): 4 Calories; trace Fat (5.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	4	Vitamin B6 (mg):	trace
% Calories from Fat:	5.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	62.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	31.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	20mcg
	0g	Niacin (mg):	trace

**Saturated Fat (g):**  
**Monounsaturated Fat (g):** 0g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 1g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** trace  
**Potassium (mg):** 44mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 93IU  
**Vitamin A (r.e.):** 9 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 4 **Calories from Fat:** 0

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		4%
<b>Calcium</b>		0%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.