



Baked Parmesan Asparagus

Makes 4 servings

Ingredients:

- 1 pound asparagus
- 2 teaspoons olive oil - divided
- 2½ tablespoons grated Parmesan cheese
- 1½ tablespoons bread crumbs

Directions: Remember to wash your hands

1. Preheat oven to 450 degrees F.
2. Toss asparagus spears in 1 teaspoon olive oil and arrange in baking pan.
3. Sprinkle with Parmesan cheese and bread crumbs. Drizzle with remaining olive oil.
4. Bake uncovered until asparagus is just tender, about 15 minutes.

Source: California Asparagus Commission

Nutrition Facts	
Serving Size about 1/2 cup (121g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 70mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 4g	
Vitamin A 15%	Vitamin C 10%
Calcium 6%	Iron 15%
*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	

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

