



Asparagus and Smoked Salmon Bundles

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch asparagus ends trimmed (20 spears)
- 1 pinch pepper black freshly ground
- 1 tablespoon rosemary leaves fresh chopped
- 1 pinch kosher salt
- 2 tablespoons olive oil
- 4 ounces salmon smoked thinly sliced (per asparagus spear)

Equipment

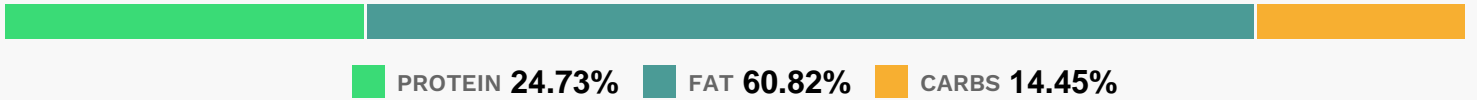
- baking sheet

- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Lay the asparagus on a foil-lined baking sheet.
- Drizzle with olive oil.
- Sprinkle with rosemary, salt, and pepper. Roast until cooked and starting to brown around the edges, about 10 minutes.
- Remove from the oven and transfer to another baking sheet to cool.
- Once the asparagus have cooled, wrap each spear in a slice of smoked salmon. Arrange on a serving platter and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:13.076521749082%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 118.27kcal (5.91%), Fat: 8.39g (12.91%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 2.05g (0.74%), Sugar: 2.12g (2.35%), Cholesterol: 6.52mg (2.17%), Sodium: 234.47mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Vitamin K: 51.08µg (48.65%), Vitamin D: 4.85µg (32.32%), Vitamin A: 889.92IU (17.8%), Vitamin E: 2.66mg (17.75%), Selenium: 11.77µg (16.82%), Vitamin B12: 0.92µg (15.4%), Iron: 2.72mg (15.13%), Folate: 59.62µg (14.9%), Copper: 0.28mg (13.98%), Vitamin B3: 2.44mg (12.22%), Vitamin B1: 0.17mg (11.17%), Vitamin B2: 0.19mg (11.06%), Phosphorus: 105.36mg (10.54%), Fiber: 2.44g (9.76%), Manganese: 0.19mg (9.53%), Vitamin B6: 0.18mg (9.15%), Potassium: 280.61mg (8.02%), Vitamin C: 6.41mg (7.77%),

Vitamin B5: 0.56mg (5.59%), Magnesium: 21.35mg (5.34%), Zinc: 0.7mg (4.67%), Calcium: 31.89mg (3.19%)