

Asparagus, Brie & Parma Ham Crostini

READY IN



25 min.

SERVINGS



12

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 asparagus fresh
- 12 slices bread french (1/)
- 6 ounces round of président brie cut into 12 slices
- 3 slices pancetta cut into thin strips thin (Parma ham)
- 2 tablespoons olive oil divided
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

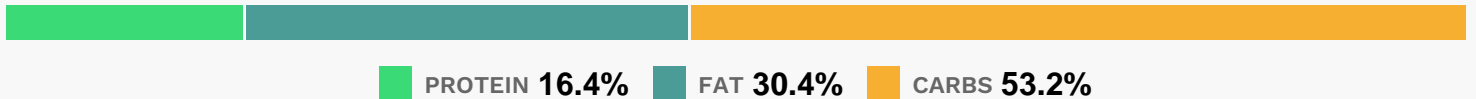
Equipment

- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Cut asparagus tips into 2-in. lengths. (Discard stalks or save for another use.)
- Place asparagus tips in a 15-in. x 10-in. x 1-in. baking pan lined with foil.
- Drizzle with 1 teaspoon oil and toss to coat.
- Sprinkle with salt and pepper.
- Bake at 425° for 10–15 minutes or until crisp-tender.
- Brush baguette slices on both sides with remaining oil.
- Place on a baking sheet. Broil for 1–2 minutes on each side or until toasted.
- Top each slice with asparagus, prosciutto and cheese. Broil 3–4 in. from the heat for 2–3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.29, Glycemic Load:25.72, Inflammation Score:-5, Nutrition Score:10.49130428874%

Flavonoids

Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 253.64kcal (12.68%), Fat: 8.62g (13.26%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 32.19g (11.71%), Sugar: 3.32g (3.69%), Cholesterol: 15.49mg (5.16%), Sodium: 512.27mg (22.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.93%), Vitamin B1: 0.49mg (32.85%), Selenium: 21.13µg (30.19%), Folate: 96.26µg (24.06%), Vitamin B2: 0.37mg (21.84%), Manganese: 0.37mg (18.42%), Vitamin B3: 3.38mg (16.88%), Iron: 2.94mg (16.33%), Phosphorus: 105.08mg (10.51%), Vitamin K: 8.87µg (8.45%), Zinc: 1.11mg

(7.42%), Fiber: 1.75g (7%), Copper: 0.13mg (6.57%), Magnesium: 25.83mg (6.46%), Calcium: 63.43mg (6.34%),
Vitamin B6: 0.12mg (6.09%), Vitamin E: 0.69mg (4.63%), Vitamin A: 205.73IU (4.11%), Vitamin B12: 0.24µg (4.06%),
Potassium: 133.01mg (3.8%), Vitamin B5: 0.37mg (3.67%), Vitamin C: 0.9mg (1.09%)