



Asparagus Bundles

READY IN



20 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- 0.3 cup panko bread crumbs crispy italian
- 1 pinch vodka
- 1 serving pepper black freshly ground
- 1 tablespoon parsley fresh finely chopped
- 1 teaspoon lemon zest freshly grated
- 1 tablespoon parmesan cheese freshly grated
- 1 teaspoon salt
- 1 lb asparagus fresh trimmed to even lengths
- 1 serving butter unsalted for greasing baking dish

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving pepper black freshly ground
- 4 oz pancetta thin

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 400°F. In small bowl, mix bread crumbs, salt and pepper.
- Add parsley, lemon peel and cheese; toss well.
- In 3-quart saucepan, heat 4 cups water and 1 teaspoon salt to boiling.
- Add asparagus.
- Heat to boiling; reduce heat. Simmer about 4 minutes or until crisp-tender; drain.
- Butter shallow baking dish. Toss cooled asparagus with 2 tablespoons olive oil; sprinkle with salt and pepper. Divide asparagus into 4 equal bundles. On work surface, arrange 2 slices of the prosciutto so they slightly overlap each other. Top with 1 asparagus bundle and roll up carefully in prosciutto.
- Place in baking dish. Repeat with remaining prosciutto and asparagus. Flatten tops of bundles slightly; sprinkle with topping.
- Bake about 10 minutes or until thoroughly heated and crisp.
- Serve immediately.

Nutrition Facts

 PROTEIN 11.72%  FAT 75.23%  CARBS 13.05%

Properties

Glycemic Index:35.75, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:12.614782703959%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 233.11kcal (11.66%), Fat: 19.96g (30.71%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.4g (2.66%), Cholesterol: 22.49mg (7.5%), Sodium: 821.52mg (35.72%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Protein: 7g (13.99%), Vitamin K: 68.23µg (64.98%), Vitamin A: 994.59IU (19.89%), Vitamin B1: 0.28mg (18.55%), Vitamin E: 2.46mg (16.39%), Folate: 64.69µg (16.17%), Iron: 2.85mg (15.81%), Selenium: 9.71µg (13.87%), Vitamin B3: 2.52mg (12.58%), Vitamin B2: 0.2mg (12.01%), Copper: 0.24mg (11.98%), Phosphorus: 114.93mg (11.49%), Manganese: 0.23mg (11.37%), Fiber: 2.65g (10.6%), Vitamin C: 8.33mg (10.09%), Vitamin B6: 0.19mg (9.3%), Potassium: 302.34mg (8.64%), Zinc: 1.07mg (7.14%), Magnesium: 22.03mg (5.51%), Vitamin B5: 0.5mg (5%), Calcium: 49.55mg (4.95%), Vitamin B12: 0.17µg (2.9%)