



Asparagus Bundles

READY IN



20 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 1 lb asparagus fresh trimmed to even lengths
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 teaspoon lemon zest freshly grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup panko bread crumbs crispy italian
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 4 oz pancetta thin
- ☐ 1 pinch salt

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- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings butter unsalted for greasing baking dish

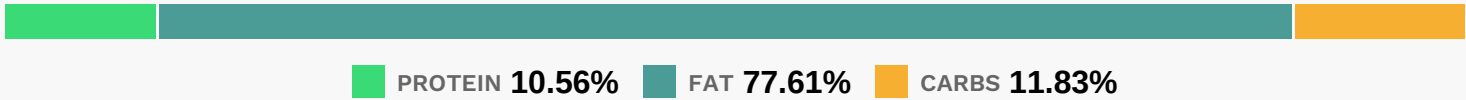
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400F. 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



Properties

Glycemic Index:32, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:12.856956471568%

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: 259.8kcal (12.99%), Fat: 23.01g (35.4%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.4g (2.67%), Cholesterol: 30.55mg (10.18%), Sodium: 831.65mg (36.16%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.04g (14.09%), Vitamin K: 68.73µg (65.46%), Vitamin A: 1089.13IU (21.78%), Vitamin B1: 0.28mg (18.58%), Vitamin E: 2.55mg (16.98%), Folate: 64.82µg (16.21%), Iron: 2.86mg (15.89%), Selenium: 9.75µg (13.94%), Vitamin B3: 2.52mg (12.59%), Manganese: 0.25mg (12.33%), Copper: 0.24mg (12.11%), Vitamin B2: 0.21mg (12.1%), Phosphorus: 116.06mg (11.61%), Fiber: 2.69g (10.75%), Vitamin C: 8.33mg (10.09%), Vitamin B6: 0.19mg (9.33%), Potassium: 305.24mg (8.72%), Zinc: 1.08mg (7.17%), Magnesium: 22.36mg (5.59%), Calcium: 51.12mg (5.11%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.19µg (1.3%)