



Asparagus in Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 dabs butter
- ☐ 2 cup chicken stock see
- ☐ 4 servings coarse salt and pepper to taste
- ☐ 2 tablespoon parmesan cheese grated
- ☐ 0.5 cup white wine

Equipment

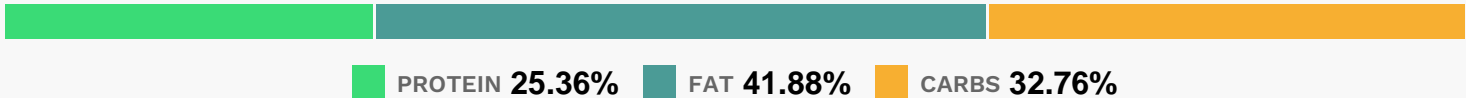
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F. Trim the woody ends off the asparagus. There is no need to peel them unless they are quite thick.
- ☐ Heat a saucepan over medium-high heat add chicken stock bringing it to a simmer. Then add the asparagus spears in as close to a single layer as possible. Work in batches if necessary. Poach the asparagus until barely cooked (even a little undercooked). About 3 minutes.
- ☐ Transfer them to a clean work surface to cool, again in as close to one layer as possible. While they cool reduce the asparagus scented chicken broth to about 1 cup. Turn off the heat and set it aside. Collect 6 stalks asparagus in a neat bundle. Push one baton of bel paese cheese into the center of that bundle. Wrap 1 piece of prosciutto around each bundle as tightly as possible with out breaking the prosciutto. Set the bundle into a baking dish, seam side down. Repeat with remaining asparagus and bel paese cheese.
- ☐ Place a dab of butter on the tips of the asparagus of each bundle.
- ☐ Add white wine and enough of the remaining asparagus scented chicken broth to fill the bottom of the baking dish by about ½-inch. Season with salt and pepper and sprinkle the Parmesan cheese on top. Move the dish to the preheated oven and roast until browned with a few crispy edges. About 25 minutes.
- ☐ Serve in bowls with plenty of the delicious broth and crusty bread as a first course, or alternatively as a side dish with a drizzle of the broth.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.5152174253827%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.77kcal (4.24%), Fat: 2.9g (4.46%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 5.1g (1.85%), Sugar: 2.2g (2.45%), Cholesterol: 7.45mg (2.48%), Sodium: 413.37mg (17.97%), Alcohol: 3.09g (100%), Alcohol %: 2.54% (100%), Protein: 3.95g (7.89%), Vitamin B3: 1.94mg (9.68%), Vitamin B2: 0.12mg (6.77%), Phosphorus: 55.39mg (5.54%), Selenium: 3.24µg (4.63%), Vitamin B6: 0.09mg (4.53%), Potassium: 149.88mg (4.28%), Calcium: 36.26mg (3.63%), Copper: 0.07mg (3.35%), Vitamin B1: 0.04mg (2.97%), Magnesium: 8.93mg (2.23%), Iron: 0.36mg (1.97%), Zinc: 0.27mg (1.83%), Manganese: 0.04mg (1.81%), Folate: 6.51µg (1.63%)