

SIDE DISH

Asparagus-Prosciutto Wraps

29 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.83	265 kcal

Asparagus-Prosciutto Wraps requires about 45 minutes from start to finish. This recipe makes 12 servings with 265 calories, 5g of protein, and 19g of fat each. For 83 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. It works well as a very affordable side...

Ingredients

- ☐ 12 asparagus spears
- ☐ 2 tablespoons freshly grated Parmesan cheese
- ☐ 12 slices 12 thin slices prosciutto
- ☐ 17.3 ounce 1/2 package frozen puff pastry, thawed

EQUIPMENT Baking sheet, Oven, Aluminum foil

Method

- 1

Blanch asparagus in boiling water 1 to 2 minutes or until crisp-tender. Rinse in cold water; drain. (If asparagus is thin, use 2 pieces per appetizer and skip the blanching process.)
- 2

Unfold pastry sheet onto a lightly floured surface, and press out fold lines.
- 3

Roll into a 12- x 10-inch rectangle.
- 4

Cut into 12 (1-inch) strips.
- 5

Wrap 1 or 2 asparagus spears in 1 slice of prosciutto, and wrap with 1 strip of pastry dough.
- 6

Place on a parchment-lined or greased, foil-lined baking sheet. Repeat with remaining pastry, asparagus, and prosciutto.

- 7 Sprinkle wraps with Parmesan cheese.
- 8 Bake at 400 for 12 minutes or until golden brown.

Nutrition per serving

265	5 g	19 g	19 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.1 g · 32% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			0.6 g · 1% of daily needs
Sodium			170 mg · 7% of daily needs
Cholesterol			6 mg · 2% of daily needs
Vitamin C			0.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/asparagus-prosciutto-wraps-146331