



Asparagus Rolls

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



28 kcal

Ingredients

- 1 lb asparagus spears fresh trimmed
- 9 oz oscar mayer deli ham smoked fresh
- 5 Tbsp philadelphia

Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Flatten ham slices; pat dry. Stack in piles of 2 slices each; spread each stack with 1 tsp. reduced-fat cream cheese.
- Place 1 aparagus spear on 1 long side of each ham stack; roll up.
- Place, seam-sides down, in 13x9-inch baking dish.
- Bake 15 to 20 min. or until heated through.

Nutrition Facts

PROTEIN 28.39% **FAT 62.78%** **CARBS 8.83%**

Properties

Glycemic Index:1.69, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.7417391162852%

Flavonoids

Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 27.56kcal (1.38%), Fat: 1.95g (3%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.34g (0.13%), Sugar: 0.32g (0.36%), Cholesterol: 6.61mg (2.2%), Sodium: 93.29mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Vitamin K: 5.43µg (5.18%), Vitamin B1: 0.06mg (4.19%), Selenium: 2.13µg (3.04%), Vitamin A: 125.8IU (2.52%), Phosphorus: 24.56mg (2.46%), Vitamin B2: 0.04mg (2.3%), Vitamin B3: 0.45mg (2.27%), Vitamin B6: 0.04mg (2.03%), Iron: 0.34mg (1.91%), Folate: 7.14µg (1.79%), Zinc: 0.25mg (1.66%), Copper: 0.03mg (1.55%), Potassium: 49.76mg (1.42%), Vitamin E: 0.19mg (1.27%), Manganese: 0.02mg (1.09%), Fiber: 0.27g (1.09%)