



Asparagus Salad with Soft Poached Eggs, Prosciutto, and Lemon-Chive Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

SALAD

Ingredients

- 1 pound asparagus trimmed
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon dijon mustard
- 4 large eggs
- 1 teaspoon fresh chives fresh minced
- 0.5 teaspoon garlic minced
- 0.3 teaspoon kosher salt

- 1.5 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 2.3 teaspoons parmigiano reggiano cheese freshly grated
- 2 ounces pancetta thin

Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 7 ingredients in a small bowl, stirring with a whisk. Gradually add olive oil, stirring well with a whisk.
- Steam asparagus, covered, for 3 minutes.
- Drain and rinse under cold water; drain. Arrange 2 prosciutto slices in the center of each of 4 plates. Arrange asparagus spears evenly over prosciutto.
- Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Break eggs into each of 4 (6-ounce) custard cups coated with cooking spray.
- Place custard cups in simmering water in pan. Cover pan; cook 10 minutes.
- Remove custard cups from water, and carefully remove eggs from cups. Arrange 1 egg over each serving, and drizzle with about 1 tablespoon dressing.
- Sprinkle each serving with 1 teaspoon chives, if desired.

Nutrition Facts

 **PROTEIN 16.94%**  **FAT 74.36%**  **CARBS 8.7%**

Properties

Glycemic Index:49.5, Glycemic Load:0.7, Inflammation Score:0, Nutrition Score:15.184782670892%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.48mg, Isorhamnetin: 6.48mg, Isorhamnetin: 6.48mg, Isorhamnetin: 6.48mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 250.69kcal (12.53%), Fat: 21.19g (32.61%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 3.12g (1.14%), Sugar: 2.48g (2.75%), Cholesterol: 195.74mg (65.25%), Sodium: 325.26mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.73%), Vitamin K: 54.4µg (51.81%), Selenium: 21.11µg (30.15%), Vitamin B2: 0.4mg (23.75%), Vitamin A: 1149.09IU (22.98%), Vitamin E: 3.39mg (22.61%), Folate: 83.95µg (20.99%), Iron: 3.46mg (19.2%), Phosphorus: 183.99mg (18.4%), Vitamin B1: 0.22mg (14.97%), Copper: 0.26mg (13.04%), Vitamin B6: 0.23mg (11.73%), Vitamin B5: 1.17mg (11.72%), Manganese: 0.22mg (11.02%), Vitamin C: 8.79mg (10.66%), Fiber: 2.46g (9.83%), Zinc: 1.45mg (9.68%), Potassium: 336.95mg (9.63%), Vitamin B12: 0.52µg (8.71%), Vitamin B3: 1.73mg (8.65%), Vitamin D: 1.06µg (7.06%), Calcium: 64.78mg (6.48%), Magnesium: 24.73mg (6.18%)