



Asparagus Sticks Make Easy Party Food

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 4 servings sea salt (such as Maldon)
- ☐ 0.5 cup flour all-purpose
- ☐ 12 slice pancetta
- ☐ 0.5 cup sesame seed
- ☐ 2 cup vegetable oil for frying (depending on the size of vessel)

Equipment

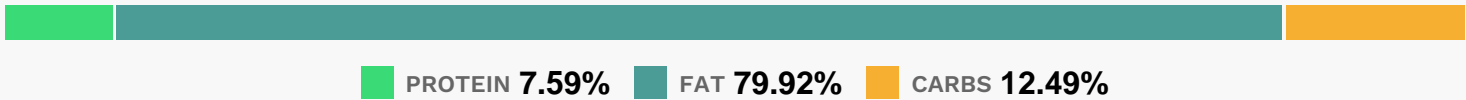
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ skewers
- ☐ candy thermometer

Directions

- ☐ Place the flour, eggs and sesame seeds in separate shallow bowls at least 5-inches in diameter. Wrap each spear of asparagus with pancetta, leaving the tip exposed.
- ☐ Heat the oil in medium straight-sided skillet over medium heat until it register 350 degrees F. on a deep fry or candy thermometer.Dredge the wrapped asparagus spears in flour, shaking off the excess. Carefully roll the pancetta-wrapped section in the egg; coat that section with sesame seeds.Fry in the hot oil until golden brown, about 3 minutes.
- ☐ Drain on a paper towel lined plate. Season with salt. Thread the spears from their bottoms lengthwise onto bamboo skewers (optional).
- ☐ Serve warm or at room temperature.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:9.39, Inflammation Score:-5, Nutrition Score:14.850434830655%

Nutrients (% of daily need)

Calories: 532.16kcal (26.61%), Fat: 47.94g (73.75%), Saturated Fat: 10.24g (63.99%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 14.22g (5.17%), Sugar: 0.1g (0.11%), Cholesterol: 27.72mg (9.24%), Sodium: 474.2mg (20.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.48%), Copper: 0.81mg (40.28%), Vitamin K: 40.14µg (38.23%), Selenium: 20.19µg (28.84%), Manganese: 0.57mg (28.65%), Vitamin B1: 0.39mg (25.79%), Iron: 3.63mg (20.17%), Phosphorus: 195.29mg (19.53%), Calcium: 187.38mg (18.74%), Magnesium: 74.29mg (18.57%), Vitamin B3: 3.46mg (17.29%), Zinc: 2.06mg (13.72%), Vitamin E: 2.02mg (13.47%), Vitamin B6: 0.27mg (13.34%), Folate: 46.78µg (11.7%), Fiber: 2.63g (10.54%), Vitamin B2: 0.16mg (9.27%), Potassium: 187.67mg (5.36%), Vitamin B12: 0.21µg (3.5%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.17µg (1.12%)