



Asparagus Tip & Prosciutto Puffs

 Dairy Free

READY IN



40 min.

SERVINGS



60

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 60 asparagus cut into 2 inch peices
- 0.8 cup dijon mustard
- 0.5 lb pancetta cut into 60 1/2 inch strips
- 1 lb sheets puff pastry frozen thawed

Equipment

Nutrition Facts



■ PROTEIN 9.52% ■ FAT 63.78% ■ CARBS 26.7%

Properties

Glycemic Index:2, Glycemic Load:1.95, Inflammation Score:-2, Nutrition Score:2.34260869565222%

Flavonoids

Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 62.52kcal (3.13%), Fat: 4.51g (6.93%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.4g (0.45%), Cholesterol: 2.49mg (0.83%), Sodium: 78.4mg (3.41%), Protein: 1.51g (3.03%), Vitamin K: 7.92µg (7.54%), Selenium: 4.02µg (5.74%), Vitamin B1: 0.07mg (4.62%), Manganese: 0.08mg (3.78%), Folate: 14.43µg (3.61%), Iron: 0.6mg (3.34%), Vitamin B3: 0.64mg (3.21%), Vitamin B2: 0.05mg (2.89%), Vitamin A: 124.64IU (2.49%), Fiber: 0.58g (2.33%), Phosphorus: 21.66mg (2.17%), Copper: 0.04mg (2.14%), Vitamin E: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.42%), Potassium: 49.08mg (1.4%), Magnesium: 5.4mg (1.35%), Zinc: 0.19mg (1.27%), Vitamin C: 0.91mg (1.1%)