



Asparagus with Ham and Lemon



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 1 clove garlic thinly sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 ounces prosciutto ham or any ham, roughly chopped or torn thinly sliced
- ☐ 1 juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup water

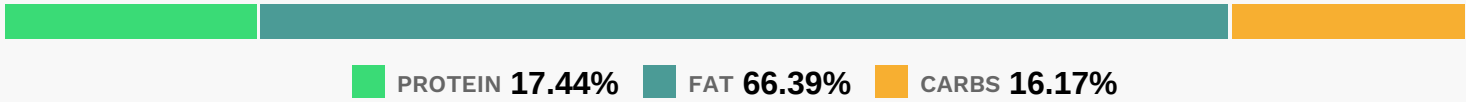
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a skillet over medium-high heat. Stir in prosciutto and cook until crisp, about 3-4 minutes.
- ☐ Place asparagus in the skillet, and toss gently until coated with oil.
- ☐ Pour in water and cover with lid; cook for 1 minute.
- ☐ Remove lid, stir in garlic and cook for 1 minute with lid on.
- ☐ Remove lid and cook uncovered until the spears are still crisp but tender, about 2-3 minutes.
- ☐ Season with salt and pepper to taste. Squeeze lemon juice over the top.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:10.717826042486%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg 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: 122.02kcal (6.1%), Fat: 9.54g (14.67%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 2.78g (1.01%), Sugar: 2.33g (2.59%), Cholesterol: 8.79mg (2.93%), Sodium: 171.62mg (7.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.64g (11.27%), Vitamin K: 51.56µg (49.11%), Vitamin A: 858.35IU (17.17%), Vitamin B1: 0.25mg (16.72%), Vitamin E: 2.35mg (15.69%), Folate: 60.93µg (15.23%), Iron: 2.62mg (14.54%), Copper: 0.23mg (11.66%), Vitamin C: 9.49mg (11.5%), Vitamin B2: 0.19mg (11.37%), Manganese: 0.21mg (10.37%), Fiber: 2.44g (9.78%), Phosphorus: 91.21mg (9.12%), Vitamin B3: 1.75mg (8.77%), Vitamin B6: 0.17mg (8.5%), Selenium: 5.94µg (8.49%), Potassium: 281.74mg (8.05%), Zinc: 0.96mg (6.38%), Magnesium: 19.53mg (4.88%), Vitamin B5: 0.39mg (3.91%), Calcium: 30.97mg (3.1%), Vitamin B12: 0.09µg (1.51%)