



Asparagus with Peas and Prosciutto

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 teaspoon butter
- ☐ 0.3 cup chicken stock see unsalted
- ☐ 1.5 tablespoons mint leaves chopped
- ☐ 1 cup peas green frozen
- ☐ 1 pancetta very thin

Equipment

- ☐ oven

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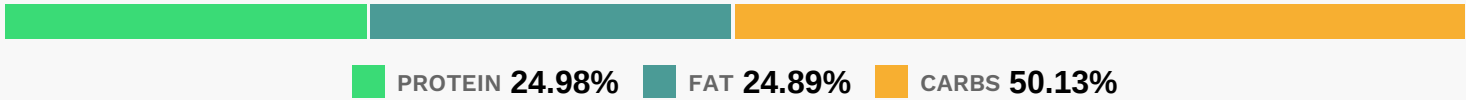
microwave

Directions

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Bake asparagus and prosciutto at 425 for 9 minutes. Microwave frozen green peas, chicken stock, and butter at HIGH 2 minutes. Pulse pea mixture and chopped mint in a mini processor. Top asparagus with pea mixture. Crumble prosciutto over top.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:13.290434899699%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 77.86kcal (3.89%), Fat: 2.35g (3.61%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 6.03g (2.19%), Sugar: 4.5g (5%), Cholesterol: 4.61mg (1.54%), Sodium: 54.54mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Vitamin K: 56.29µg (53.61%), Vitamin C: 21.49mg (26.04%), Vitamin A: 1246.83IU (24.94%), Folate: 85.7µg (21.43%), Fiber: 4.6g (18.39%), Vitamin B1: 0.27mg (18.18%), Manganese: 0.35mg (17.5%), Iron: 3.11mg (17.25%), Copper: 0.3mg (14.8%), Vitamin B2: 0.23mg (13.63%), Vitamin B3: 2.3mg (11.48%), Phosphorus: 108.07mg (10.81%), Potassium: 353.44mg (10.1%), Vitamin B6: 0.18mg (9.22%), Vitamin E: 1.37mg (9.15%), Magnesium: 30.4mg (7.6%), Zinc: 1.14mg (7.57%), Selenium: 4.12µg (5.88%), Calcium: 41.83mg (4.18%), Vitamin B5: 0.37mg (3.67%)