



Asparagus Wrapped in Crisp Prosciutto



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 spears asparagus fresh trimmed
- ☐ 1 tablespoon olive oil
- ☐ 16 slices pancetta

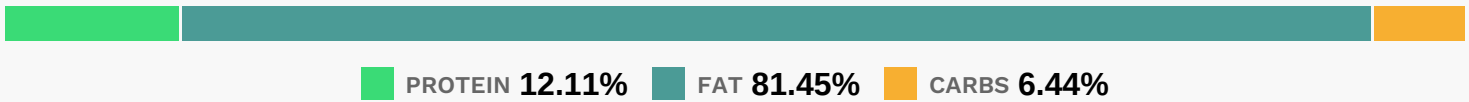
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450 degrees F (220 degrees C). Line a baking sheet with aluminum foil, and coat with olive oil.
- ☐ Wrap one slice of prosciutto around each asparagus spear, starting at the bottom, and spiraling up to the tip.
- ☐ Place the wrapped spears on the prepared baking sheet.
- ☐ Bake for 5 minutes in the preheated oven.
- ☐ Remove, and shake the pan back and forth to roll the spears over. Return to the oven for another 5 minutes, or until asparagus is tender, and prosciutto is crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.7591304357933%

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: 44.29kcal (2.21%), Fat: 4.07g (6.26%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.3g (0.33%), Cholesterol: 5.28mg (1.76%), Sodium: 53.3mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 7.18µg (6.84%), Vitamin B1: 0.05mg (3%), Selenium: 1.98µg (2.82%), Vitamin A: 123.92IU (2.48%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.34mg (2.27%), Iron: 0.38mg (2.11%), Folate: 8.32µg (2.08%), Phosphorus: 19.84mg (1.98%), Vitamin B6: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.71%), Copper: 0.03mg (1.68%), Potassium: 48.17mg (1.38%), Fiber: 0.34g (1.34%), Manganese: 0.03mg (1.31%), Zinc: 0.18mg (1.21%), Vitamin C: 0.9mg (1.09%)