



## Asparagus Wrapped in Prosciutto

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

### Ingredients

- 16 asparagus green boiled
- 6 tablespoons butter
- 2 egg yolk cooked for food safety (these are identified in stores as "pasteurized" and although not, they have been sufficiently heated)
- 0.1 teaspoon pepper white
- 1.5 teaspoons juice of lemon fresh
- 16 slices pancetta thinly sliced
- 1 Dash salt

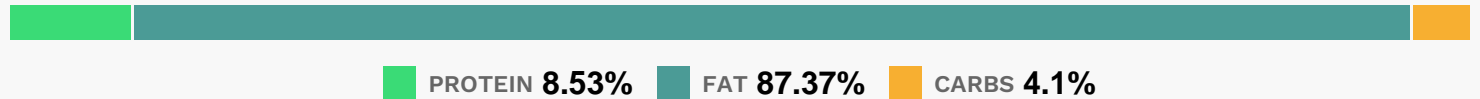
## Equipment

- bowl
- pot
- blender

## Directions

- Clarify butter by melting it in a very small pot or metal container over low heat and scooping out the foam that rises. Then, spoon off the clear butterfat to a clean bowl or container, being careful not to disturb the water or milk solids at the bottom. The clear portion is clarified butter. Set this aside briefly in a warm place.
- Combine the egg yolks, lemon juice, white pepper, and salt in a blender and process at high speed for about 60 seconds. Leaving the blender running, pour the clarified butter through the feed opening of the blender in a slow steady stream and mix until thickened.
- Pour into a shallow plate. Dip each asparagus spear into the sauce so that three-fourths of the stick is covered to hold prosciutto in place, then wrap a slice of prosciutto over the sauce on each asparagus spear, leaving a dry end for guests to serve themselves.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:4.6478260496388%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 163.19kcal (8.16%), Fat: 16.1g (24.77%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.66g (0.73%), Cholesterol: 81.74mg (27.25%), Sodium: 181.09mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin K: 14.08µg (13.41%), Vitamin A: 575.18IU

(11.5%), Selenium: 6.58µg (9.4%), Vitamin B1: 0.1mg (6.57%), Phosphorus: 59.88mg (5.99%), Folate: 23.72µg (5.93%), Vitamin E: 0.79mg (5.28%), Vitamin B2: 0.09mg (5.03%), Iron: 0.88mg (4.89%), Vitamin B3: 0.96mg (4.81%), Vitamin B6: 0.09mg (4.41%), Copper: 0.07mg (3.56%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.48mg (3.17%), Vitamin B12: 0.19µg (3.09%), Potassium: 104.73mg (2.99%), Manganese: 0.06mg (2.81%), Fiber: 0.68g (2.73%), Vitamin C: 2.16mg (2.62%), Vitamin D: 0.31µg (2.05%), Magnesium: 6.92mg (1.73%), Calcium: 16.95mg (1.69%)