



Asparagus Wrapped in Serrano Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 12 stalks asparagus white green ends trimmed (24 total)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup salad leaves curly endive
- ☐ 1 cup the salad mixed
- ☐ 3 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 pound grapes green red seedless halved
- ☐ 0.3 teaspoon salt

- ☐ 6 slices serrano ham cut into 4 strips thin (or prosciutto)
- ☐ 1 shallots minced
- ☐ 2 tablespoon sherry vinegar

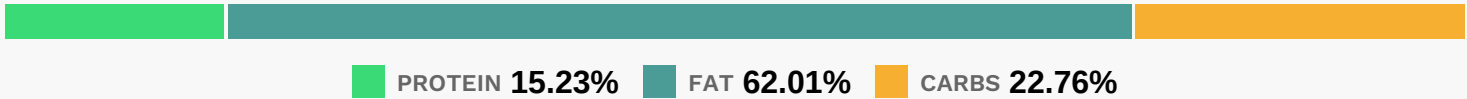
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, vinegar, shallot, salt and pepper in a bowl. Set aside. Cook asparagus in simmering water until soft but still crisp, 3 to 4 minutes. Rinse under cold water and drain. Wrap a strip of ham around each asparagus stalk. Toss frisée, greens and grapes with dressing in a bowl, then transfer to a platter; top with asparagus.
- ☐ Garnish with almonds.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:4.6765217249808%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 119.89kcal (5.99%), Fat: 8.68g (13.35%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.91g (5.45%), Cholesterol: 5.63mg (1.88%), Sodium: 284.43mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin K: 26.6µg (25.33%), Vitamin E: 2.11mg (14.09%), Vitamin A: 444.5IU (8.89%), Manganese: 0.17mg (8.69%), Copper: 0.11mg (5.47%), Vitamin B2: 0.08mg (4.84%), Fiber: 1.2g (4.81%), Vitamin C: 3.92mg (4.75%), Magnesium: 17.55mg (4.39%), Potassium: 137.17mg (3.92%), Phosphorus: 35.06mg (3.51%), Iron: 0.6mg (3.34%), Folate: 13.11µg (3.28%), Vitamin B6: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.54%), Calcium: 23.73mg (2.37%), Vitamin B3: 0.3mg (1.48%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.27%)