



Asparagus Wrapped with Prosciutto



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 12 asparagus spears
- ☐ 1 cup balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings fleur del sel
- ☐ 4 servings olive oil extra-virgin
- ☐ 12 slices pancetta thin
- ☐ 4 servings salt

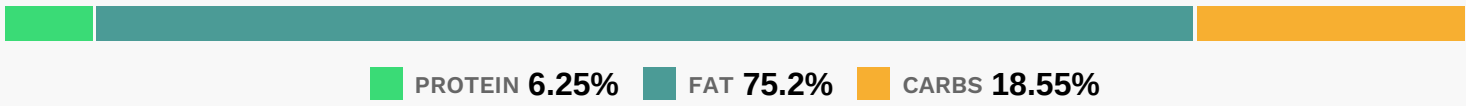
Equipment

- ☐ bowl
- ☐ pot
- ☐ peeler
- ☐ kitchen twine

Directions

- ☐ Pour the vinegar into a small pot and bring it to a boil over high heat. Turn the heat to medium low and reduce the vinegar by about 1/4, or until it is thick.
- ☐ Let cool.
- ☐ Put a pot of salted water over high heat. Trim the asparagus spears to that they are all the same length. Peel the bottom half of the spears with a vegetable peeler. Tie the asparagus together into a bundle using kitchen string. When the water is boiling, lower the asparagus into the pot and cook until just tender, about 3 minutes. Plunge the asparagus into a bowl of ice water to stop the cooking. When it is completely cold, remove the spears and lay them out onto a rack to dry.
- ☐ Roll a slice of prosciutto around each asparagus spear. Arrange them on a platter and drizzle over some olive oil.
- ☐ Sprinkle with some pepper and salt. Finally, dribble on some of the reduced balsamic vinegar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:5.71, Inflammation Score:-4, Nutrition Score:6.7552173811456%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 289.79kcal (14.49%), Fat: 23.59g (36.29%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.06g (4.38%), Sugar: 10.43g (11.59%), Cholesterol: 15.84mg (5.28%), Sodium: 562.38mg (24.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin K: 28.56µg (27.2%), Vitamin E: 2.66mg (17.75%), Iron: 1.68mg (9.31%), Vitamin B1: 0.14mg (9%), Manganese: 0.18mg (8.79%), Selenium: 5.93µg (8.48%), Vitamin A: 372.31IU (7.45%), Vitamin B3: 1.44mg (7.18%), Phosphorus: 71.79mg (7.18%), Folate: 24.98µg (6.24%), Potassium: 217.43mg (6.21%), Copper: 0.12mg (5.95%), Vitamin B6: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.14%), Magnesium: 17.43mg (4.36%), Fiber: 1.03g (4.13%), Zinc: 0.6mg (3.97%), Vitamin C: 2.69mg (3.26%), Calcium: 30.76mg (3.08%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.12µg (2%)