



Asparagus wraps with lemon mayo



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



5

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 20 asparagus
- ☐ 5 slices ham
- ☐ 200 ml mayonnaise light
- ☐ 1 juice of lemon

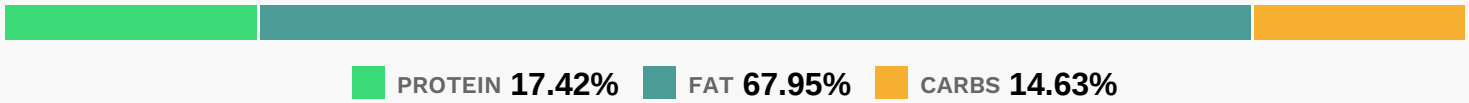
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring a pan of salted water to the boil, tip in the asparagus and cook for 2 mins until just tender.
- ☐ Drain well. Quarter each slice of ham, into 4 shorter strips, then wrap one around the middle of each asparagus spear.
- ☐ Mix the mayo with the lemon zest and juice and a little pepper and put in a small bowl.
- ☐ Serve with the asparagus, warm or cold, for dipping.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:8.8669565553251%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 172.29kcal (8.61%), Fat: 13.19g (20.3%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.7g (3%), Cholesterol: 23.42mg (7.81%), Sodium: 646.9mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Vitamin K: 46.96µg (44.72%), Vitamin B1: 0.26mg (17.62%), Selenium: 8.82µg (12.6%), Vitamin E: 1.66mg (11.08%), Vitamin A: 510.71IU (10.21%), Phosphorus: 99.36mg (9.94%), Vitamin B3: 1.88mg (9.42%), Iron: 1.67mg (9.28%), Folate: 36.83µg (9.21%), Vitamin B2: 0.15mg (9%), Vitamin B6: 0.17mg (8.41%), Copper: 0.15mg (7.62%), Vitamin C: 5.91mg (7.16%), Zinc: 1.02mg (6.83%), Potassium: 227.28mg (6.49%), Fiber: 1.36g (5.45%), Manganese: 0.11mg (5.42%), Magnesium: 15.4mg (3.85%), Vitamin B5: 0.33mg (3.33%), Vitamin B12: 0.18µg (2.99%), Calcium: 19.95mg (2%), Vitamin D: 0.2µg (1.31%)