



## Bacon-Wrapped Asparagus Spears with Tomatoes and Taleggio Cheese

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 spears asparagus fresh trimmed
- 4 slices hardwood bacon smoked
- 1 clove garlic thinly sliced
- 1 cup grape tomatoes halved
- 1 teaspoon juice of lemon
- 1 tablespoon olive oil
- 0.8 pound taleggio cheese cut into 1/4-inch pieces

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Heat olive oil in a large skillet over medium heat. Cook and stir garlic until fragrant, about 2 minutes.
- Stir asparagus and grape tomatoes into the garlic and drizzle with lemon juice. Continue to cook and stir until asparagus are tender, 5 to 7 minutes.
- Wrap 3 asparagus spears with 1 slice of bacon. Repeat with remaining asparagus and bacon, making 4 bundles. Arrange wrapped asparagus on a baking sheet.
- Scatter cooked grape tomatoes around the wrapped asparagus.
- Bake in the preheated oven for 5 minutes, then scatter Taleggio cheese atop asparagus; return baking sheet to the oven.
- Continue baking until bacon is crisp, 5 to 7 minutes more.

## Nutrition Facts

**PROTEIN 19.6%** **FAT 76.44%** **CARBS 3.96%**

## Properties

Glycemic Index:25, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:10.23217385489%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

## Nutrients (% of daily need)

Calories: 383.62kcal (19.18%), Fat: 33.63g (51.74%), Saturated Fat: 18.63g (116.43%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.92g (2.13%), Cholesterol: 81.71mg (27.24%), Sodium: 1151.4mg (50.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Calcium: 477.07mg (47.71%), Vitamin A: 2339.9IU (46.8%), Vitamin K: 25.03µg (23.84%), Vitamin C: 8.51mg (10.31%), Vitamin B1: 0.14mg (9.66%), Vitamin E: 1.34mg (8.96%), Selenium: 5.63µg (8.05%), Vitamin B3: 1.58mg (7.91%), Folate: 30.82µg (7.7%), Vitamin B6: 0.14mg (7.09%), Iron: 1.25mg (6.95%), Phosphorus: 66.83mg (6.68%), Manganese: 0.13mg (6.67%), Potassium: 233.13mg (6.66%), Copper: 0.12mg (6.22%), Fiber: 1.47g (5.9%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.59mg (3.94%), Magnesium: 13.72mg (3.43%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.11µg (1.83%)