


# Cold Asparagus with Prosciutto and Lemon


 **Gluten Free**  **Dairy Free**

READY IN




**25 min.**

SERVINGS



**5**

CALORIES



**90 kcal**

SIDE DISH

## Ingredients

- 1 pound asparagus fresh trimmed
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 3 ounce pancetta

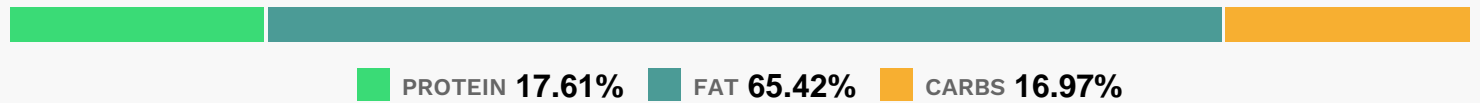
## Equipment

- bowl
- paper towels
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. When the water is boiling hard, add the asparagus and cook until tender but still crisp, about 4 minutes. Quickly drain the asparagus and plunge into a bowl of ice water to stop the cooking and maintain the bright green color.
- Drain again and pat dry with paper towels.
- Separate the asparagus into 5 small bundles and wrap each one with a slice of prosciutto.
- Sprinkle each bundle with lemon zest and lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:6.4, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:8.0256521209427%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg, Isorhamnetin: 5.17mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

## Nutrients (% of daily need)

Calories: 89.92kcal (4.5%), Fat: 6.87g (10.57%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.05g (0.75%), Sugar: 1.8g (2%), Cholesterol: 11.23mg (3.74%), Sodium: 114.47mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin K: 37.74µg (35.94%), Vitamin A: 692.51IU (13.85%), Folate: 47.83µg (11.96%), Vitamin B1: 0.18mg (11.84%), Iron: 2.02mg (11.2%), Copper: 0.18mg (8.97%), Vitamin B2: 0.14mg (8.38%), Vitamin C: 6.76mg (8.19%), Vitamin B3: 1.58mg (7.88%), Selenium: 5.51µg (7.87%), Fiber: 1.96g (7.83%), Vitamin E: 1.1mg (7.36%), Manganese: 0.15mg (7.28%), Phosphorus: 71.96mg (7.2%), Vitamin B6: 0.13mg (6.49%), Potassium: 220.66mg (6.3%), Zinc: 0.69mg (4.62%), Magnesium: 14.98mg (3.75%), Vitamin B5: 0.35mg (3.48%), Calcium: 23.34mg (2.33%), Vitamin B12: 0.09µg (1.42%)