



Egg-Topped Soba Noodles with Asparagus and Prosciutto

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus ends trimmed
- ☐ 8 large eggs
- ☐ 5 garlic clove coarsely chopped
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 cup parmesan freshly grated
- ☐ 3 ounce pancetta thinly sliced
- ☐ 9.5 ounce soba noodles thin

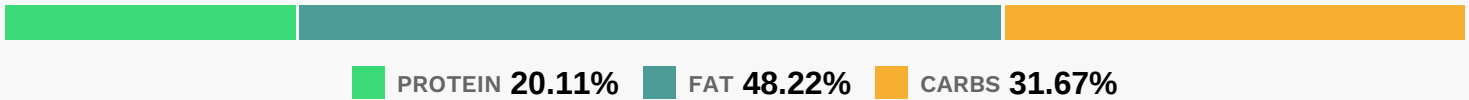
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons extra-virgin olive oil in large skillet over medium-high heat.
- ☐ Add garlic; stir 30 seconds.
- ☐ Add prosciutto strips; cook until slightly crisp.
- ☐ Remove from heat. Set aside.
- ☐ Heat 1 teaspoon oil in each of 2 nonstick skillets over medium heat. Crack 4 eggs into each skillet. Cook on 1 side until eggs begin to set, about 2 minutes.
- ☐ Remove from heat. Cover; set aside.
- ☐ Cook soba noodles in large pot of boiling salted water 5 minutes, stirring occasionally.
- ☐ Add sliced asparagus to pot; cook until noodles are cooked through and asparagus is just tender, 2 to 3 minutes.
- ☐ Drain noodles and asparagus, reserving 1 cup cooking liquid.
- ☐ Add drained noodles and asparagus to prosciutto mixture in skillet. Cook over medium heat until heated through, tossing and adding reserved cooking liquid by 1/4 cupfuls to moisten.
- ☐ Remove skillet from heat.
- ☐ Add grated Parmesan cheese and remaining 1 tablespoon plus 1 teaspoon olive oil and toss to coat. Divide among 8 plates. Top each serving with 1 egg and cheese shavings.
- ☐ Serve immediately.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.69, Glycemic Load:13.79, Inflammation Score:-6, Nutrition Score:15.816521872645%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 353.96kcal (17.7%), Fat: 19.52g (30.03%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 27.61g (10.04%), Sugar: 1.37g (1.52%), Cholesterol: 201.52mg (67.17%), Sodium: 609.85mg (26.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Phosphorus: 318.92mg (31.89%), Selenium: 21.87µg (31.24%), Manganese: 0.57mg (28.66%), Vitamin K: 28.2µg (26.85%), Vitamin B2: 0.4mg (23.79%), Calcium: 205.39mg (20.54%), Vitamin B1: 0.3mg (20.04%), Folate: 74.11µg (18.53%), Iron: 3.21mg (17.86%), Vitamin A: 800.37IU (16.01%), Vitamin E: 2.25mg (14.99%), Vitamin B6: 0.28mg (14.01%), Vitamin B5: 1.37mg (13.7%), Zinc: 2.02mg (13.45%), Magnesium: 53.16mg (13.29%), Copper: 0.23mg (11.73%), Vitamin B12: 0.65µg (10.8%), Vitamin B3: 2.15mg (10.74%), Potassium: 308.51mg (8.81%), Vitamin D: 1.11µg (7.37%), Fiber: 1.23g (4.92%), Vitamin C: 3.76mg (4.56%)