



Grilled Asparagus and 6-Minute Egg

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 16 asparagus spears
- ☐ 8 slices bread whole-wheat
- ☐ 1 egg yolk
- ☐ 4 eggs organic
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 ounces pancetta sliced thin
- ☐ 1 tablespoon aged sherry vinegar
- ☐ 1.5 teaspoons truffle oil chopped
- ☐ 1 tablespoon butter unsalted softened

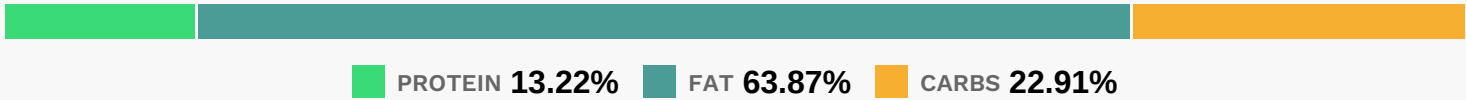
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ To make aioli, place egg yolk in a bowl (do not use stainless steel). Slowly add oil in a thin stream, whisking constantly until thickened.
- ☐ Add vinegar and truffle or truffle oil.
- ☐ Preheat grill to medium. Bring a pot of salted water to a boil, and prepare a bowl of ice water.
- ☐ Snap off tough ends of asparagus spears. Wrap a strip of pancetta around middle of a pair of spears. Grill wrapped asparagus bundles for 6 minutes or until pancetta is crispy.
- ☐ Using a 2 1/2-inch biscuit cutter, remove middle of each bread slice; discard edges.
- ☐ Brush both sides of each round with butter. Grill bread on each side; set aside.
- ☐ Cook eggs for 6 minutes in boiling water; place in ice bath to cool. Peel eggs and cut them in half, being very careful not to let yolks fall out.
- ☐ Place 2 bread rounds on each of 4 serving plates; top with some truffle aioli.
- ☐ Place 1 bunch asparagus on each bread round; top with an egg half.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:14.66, Inflammation Score:-7, Nutrition Score:19.972608441892%

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: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg

Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 520.28kcal (26.01%), Fat: 37.08g (57.05%), Saturated Fat: 9.86g (61.63%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 26.35g (9.58%), Sugar: 4.6g (5.11%), Cholesterol: 238.52mg (79.51%), Sodium: 519.46mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.54%), Selenium: 39.36µg (56.23%), Manganese: 0.79mg (39.42%), Vitamin K: 38.81µg (36.96%), Vitamin B1: 0.43mg (28.37%), Vitamin B2: 0.48mg (28.26%), Folate: 108.24µg (27.06%), Phosphorus: 252.15mg (25.22%), Vitamin E: 3.77mg (25.14%), Iron: 4.5mg (24.98%), Vitamin B3: 4.93mg (24.66%), Vitamin A: 885.4IU (17.71%), Vitamin B5: 1.6mg (16.05%), Fiber: 3.58g (14.34%), Vitamin B6: 0.29mg (14.32%), Zinc: 1.94mg (12.92%), Copper: 0.25mg (12.59%), Calcium: 118.44mg (11.84%), Vitamin B12: 0.63µg (10.45%), Magnesium: 41.05mg (10.26%), Potassium: 332.45mg (9.5%), Vitamin D: 1.29µg (8.59%), Vitamin C: 3.71mg (4.5%)