



Grilled Pancetta-Wrapped Asparagus



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients



1 pound asparagus (1/; 12 to 15)



1 tablespoon olive oil extra virgin extra-virgin



12 slices pancetta thin

Equipment



grill

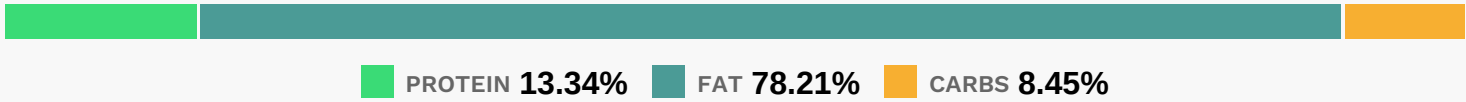


skewers

Directions

- ☐ Prepare a grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- ☐ Trim asparagus to 6 inches long, then toss with oil and 1/4 tsp pepper in a small dish. Wrap middle of each asparagus with 1 slice of pancetta. Thread 3 or 4 wrapped asparagus 1/2 inch apart onto each skewer.
- ☐ Oil grill rack, then grill asparagus, uncovered, turning, until pancetta is golden brown in spots and asparagus is crisp-tender, about 6 minutes.
- ☐ ·If you aren't able to grill outdoors, asparagus can be broiled about 3 inches from heat, turning, about 5 minutes.·Asparagus can be wrapped in pancetta 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:7.5869565528372%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 152.51kcal (7.63%), Fat: 13.54g (20.83%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.42g (1.58%), Cholesterol: 18.48mg (6.16%), Sodium: 186.92mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin K: 32.85µg (31.29%), Vitamin B1: 0.19mg (12.36%), Vitamin A: 581.89IU (11.64%), Selenium: 7.37µg (10.52%), Folate: 39.31µg (9.83%), Iron: 1.75mg (9.7%), Vitamin B3: 1.87mg (9.33%), Vitamin E: 1.31mg (8.74%), Phosphorus: 79.63mg (7.96%), Copper: 0.15mg (7.73%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.14mg (7.16%), Fiber: 1.59g (6.35%), Manganese: 0.12mg (6.13%), Potassium: 208.17mg (5.95%), Vitamin C: 4.23mg (5.13%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.36mg (3.63%), Magnesium: 13.94mg (3.49%), Vitamin B12: 0.14µg (2.33%), Calcium: 19.57mg (1.96%)