



Ham and Asparagus Rolls

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



41 kcal

Ingredients

- 1 lb asparagus fresh
- 0.3 cup salad dressing
- 1 tablespoon dijon mustard
- 1 teaspoon thyme sprigs fresh chopped
- 6 slices finely-chopped ham cooked (1/) (from deli; 10 oz)

Equipment

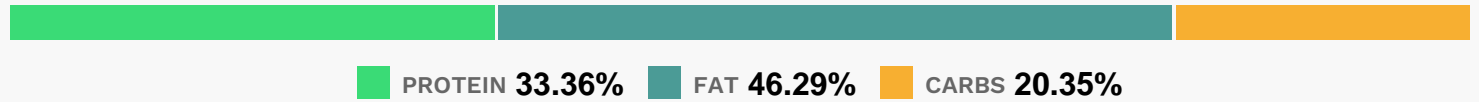
- bowl
- frying pan
- paper towels

- baking pan
- glass baking pan

Directions

- Fill 13x9-inch (3-quart) glass baking dish half full with water and ice; set aside.
- In 12-inch skillet, heat 1 inch water to boiling over high heat. Snap or cut off tough ends of asparagus spears.
- Add asparagus to boiling water; cook uncovered 2 to 3 minutes or until crisp-tender.
- Remove asparagus from skillet; place in baking dish with ice water.
- Let stand 3 to 5 minutes or until chilled.
- Drain; pat dry with paper towels. Set aside.
- Meanwhile, in small bowl, mix mayonnaise, mustard and thyme.
- Spread about 1 teaspoon mayonnaise mixture over each ham slice to within 1 inch of edges.
- Cut each ham slice in half lengthwise.
- Roll 1 ham strip tightly around each asparagus spear. Store tightly covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:4.6465217341547%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 41.1kcal (2.06%), Fat: 2.19g (3.37%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.3g (0.47%), Sugar: 1.26g (1.4%), Cholesterol: 10.22mg (3.41%), Sodium: 224.84mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin K: 18.49µg (17.6%), Vitamin B1: 0.13mg (8.78%), Vitamin C: 5.67mg (6.87%), Phosphorus: 62.8mg (6.28%), Selenium: 4.16µg (5.95%), Vitamin A: 296.33IU (5.93%), Iron: 0.99mg (5.5%), Vitamin B2: 0.09mg (5.19%), Folate: 20.24µg (5.06%), Copper: 0.09mg (4.51%), Vitamin B3:

0.88mg (4.42%), Manganese: 0.08mg (3.79%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.54mg (3.59%), Zinc: 0.53mg (3.54%), Potassium: 122.7mg (3.51%), Fiber: 0.87g (3.48%), Vitamin B12: 0.2µg (3.29%), Magnesium: 9.34mg (2.34%), Vitamin B5: 0.23mg (2.3%), Calcium: 12.01mg (1.2%)