



## Ham and Asparagus Squares

READY IN



40 min.

SERVINGS



24

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 lb asparagus fresh thin
- 1.5 oz pancetta thinly sliced cut into 1-inch strips
- 2 teaspoons olive oil
- 0.3 teaspoon pepper red crushed
- 8 oz regular crescent rolls refrigerated canned
- 6 oz swiss cheese shredded finely

### Equipment

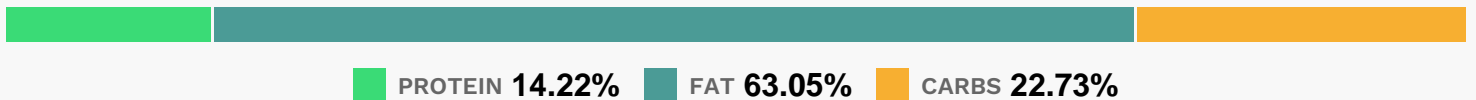
- bowl

- frying pan
- baking sheet
- paper towels
- oven
- serrated knife

## Directions

- Heat oven to 375F. In 10-inch skillet, heat 1/2 inch water to boiling.
- Add asparagus; reduce heat to medium-low. Cover; simmer 2 to 3 minutes or until crisp-tender.
- Drain. Plunge asparagus into bowl of ice water to cool; drain on paper towels.
- On ungreased cookie sheet, unroll dough; press into 11x8-inch rectangle, firmly pressing perforations to seal. With fork, prick crust generously.
- Bake 6 to 9 minutes or until light golden brown.
- Sprinkle with 1/2 cup of the cheese; top with prosciutto strips.
- Sprinkle with remaining 1 cup cheese. Arrange cooked asparagus spears in rows over cheese, alternating tips.
- Brush with oil; sprinkle with pepper flakes.
- Bake 5 to 7 minutes longer or until edges of crust are deep golden brown and cheese is melted. Cool 5 minutes. With serrated knife, cut into squares.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.46, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.9160869790484%

## Flavonoids

Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin:

1.32mg, Quercetin: 1.32mg

## **Nutrients (% of daily need)**

Calories: 73.21kcal (3.66%), Fat: 5.28g (8.12%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 4.08g (1.48%), Sugar: 1.12g (1.25%), Cholesterol: 7.76mg (2.59%), Sodium: 99.56mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Calcium: 65.51mg (6.55%), Phosphorus: 48.21mg (4.82%), Vitamin K: 4.25µg (4.05%), Selenium: 2.71µg (3.87%), Vitamin B12: 0.22µg (3.71%), Vitamin A: 137.1IU (2.74%), Zinc: 0.38mg (2.55%), Vitamin B2: 0.04mg (2.14%), Iron: 0.34mg (1.91%), Vitamin E: 0.21mg (1.42%), Folate: 5.56µg (1.39%), Vitamin B1: 0.02mg (1.28%), Copper: 0.02mg (1.11%)