



Ham & asparagus toad-in-the-hole

READY IN



30 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 asparagus thick
- ☐ 2 tbsp vegetable oil
- ☐ 2 eggs
- ☐ 140 g self raising flour
- ☐ 150 ml milk
- ☐ 2 tbsp seasoning mixed such as parsley, dill and oregano chopped
- ☐ 8 slices ham lean halved

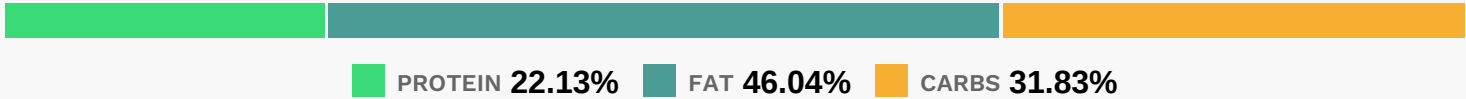
Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Cook the asparagus spears in boiling salted water for 2 mins, drain and set aside on kitchen paper.
- ☐ Pour the oil into a 37cm x 26.5cm shallow roasting tin and place in the oven to heat up.
- ☐ Whisk the eggs, flour, milk and 150ml cold water together until smooth, or whizz in a food processor. Season and stir in the herbs.
- ☐ Wrap each asparagus spear in a piece of ham. Arrange them in the hot roasting tin and pour over the batter.
- ☐ Bake for 20 mins, or until risen and golden.
- ☐ Serve with a crunchy green salad.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:17.53, Inflammation Score:-6, Nutrition Score:18.6552174195%

Flavonoids

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: 396.63kcal (19.83%), Fat: 20.29g (31.21%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 28.31g (10.29%), Sugar: 3.36g (3.73%), Cholesterol: 121.2mg (40.4%), Sodium: 713.26mg (31.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.89%), Vitamin K: 54.96µg (52.34%), Selenium: 35.68µg (50.97%), Vitamin B1: 0.49mg (32.73%), Phosphorus: 273.39mg (27.34%), Manganese: 0.52mg (25.93%), Vitamin B2: 0.4mg (23.65%), Iron: 3.48mg (19.32%), Vitamin B6: 0.37mg (18.55%), Vitamin B3: 3.65mg (18.24%), Zinc: 2.45mg (16.35%), Folate: 62.78µg (15.69%), Vitamin E: 2.33mg (15.52%), Vitamin A: 708.52IU (14.17%),

Copper: 0.26mg (13.16%), Fiber: 3.25g (12.99%), Vitamin B12: 0.76µg (12.72%), Potassium: 444.31mg (12.69%), Calcium: 124.35mg (12.43%), Vitamin B5: 1.09mg (10.89%), Magnesium: 42.38mg (10.6%), Vitamin D: 1.26µg (8.38%), Vitamin C: 3.64mg (4.41%)