



Miso-Glazed Bacon and Asparagus



Gluten Free



Dairy Free

READY IN



31 min.

SERVINGS



6

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch asparagus
- ☐ 7 strips bacon smoked cut in 1/2
- ☐ 6 servings bamboo toothpicks
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pinch lemon zest
- ☐ 0.3 cup shiro miso paste white (miso paste)
- ☐ 0.5 cup mirin rice wine
- ☐ 1 tablespoon sugar

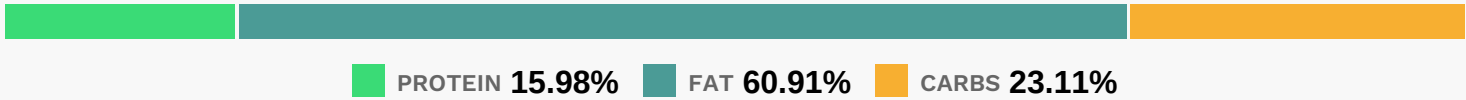
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ grill
- ☐ skewers
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Trim and peel the root end of the asparagus to remove the tough outer skin. Slice asparagus in half keeping the tips and bases separate.
- ☐ Lay half bacon strips out on your cutting board.
- ☐ Lay a base piece and a tip piece on each slice of bacon, then roll it up and secure with a bamboo toothpick through the middle at a 90 degree angle.
- ☐ Preheat grill to medium heat.
- ☐ In a small mixing bowl combine miso, mirin, lemon juice, lemon zest and sugar. Stir with a whisk and use a pastry brush to baste the skewers as they cook on the grill – about 2 to 3 minutes per side on high.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:3.23, Inflammation Score:-6, Nutrition Score:8.6086956081183%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.49mg, Quercetin:

10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg

Nutrients (% of daily need)

Calories: 180.04kcal (9%), Fat: 10.98g (16.9%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 7.14g (2.6%), Sugar: 4.21g (4.67%), Cholesterol: 16.94mg (5.65%), Sodium: 599.33mg (26.06%), Alcohol: 3.22g (100%), Alcohol %: 2.96% (100%), Protein: 6.48g (12.97%), Vitamin K: 34.56µg (32.91%), Vitamin B1: 0.19mg (12.69%), Vitamin A: 586.83IU (11.74%), Selenium: 7.99µg (11.41%), Iron: 2.02mg (11.24%), Manganese: 0.22mg (11.09%), Folate: 41.73µg (10.43%), Copper: 0.2mg (10.21%), Phosphorus: 95.85mg (9.58%), Vitamin B3: 1.87mg (9.37%), Vitamin B2: 0.15mg (9.08%), Fiber: 2.23g (8.93%), Vitamin B6: 0.16mg (8.11%), Zinc: 1.01mg (6.76%), Potassium: 235.06mg (6.72%), Vitamin C: 5.39mg (6.54%), Vitamin E: 0.97mg (6.46%), Magnesium: 20.5mg (5.12%), Vitamin B5: 0.39mg (3.91%), Calcium: 27.29mg (2.73%), Vitamin B12: 0.14µg (2.29%)