



## Pancetta Tarragon Asparagus

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



15

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 bunches asparagus fresh diagonally sliced
- 2 tablespoons tarragon dried
- 15 servings salt and ground pepper black to taste
- 0.8 pound thickly pancetta sliced
- 1 cup shallots thinly sliced

### Equipment

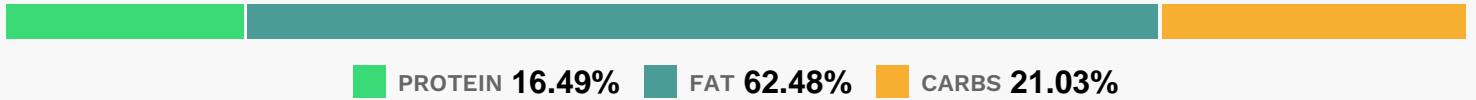
- frying pan
- baking sheet

- oven
- aluminum foil
- cutting board

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- Arrange pancetta on the prepared baking sheet.
- Bake in the preheated oven until pancetta is crispy, about 20 minutes.
- Remove pancetta to a cutting board and chop.
- Pour the drippings on the baking sheet into a skillet; add olive oil to skillet.
- Heat drippings and olive oil in the skillet over medium heat; cook and stir shallots, asparagus, tarragon, and pancetta in the hot drippings–oil mixture; season with salt and pepper. Cover skillet and cook until asparagus is tender, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.93, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:9.6095652683921%

## Flavonoids

Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

## Nutrients (% of daily need)

Calories: 126.93kcal (6.35%), Fat: 9.2g (14.15%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.93g (3.26%), Cholesterol: 14.97mg (4.99%), Sodium: 154.43mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin K: 37.73µg (35.93%), Vitamin A: 729.17IU (14.58%), Iron: 2.52mg (14%), Manganese: 0.28mg (13.89%), Folate: 54.74µg (13.68%), Vitamin B1: 0.2mg (13.55%), Vitamin B6: 0.22mg (10.97%), Copper: 0.2mg (10.06%), Fiber: 2.49g (9.96%), Selenium: 6.86µg (9.81%), Vitamin B3: 1.91mg (9.54%), Vitamin B2: 0.16mg (9.48%), Phosphorus: 92mg (9.2%), Potassium: 308.9mg (8.83%), Vitamin C: 6.77mg (8.2%), Vitamin E: 1.12mg (7.48%), Zinc: 0.85mg (5.7%), Magnesium: 22.04mg (5.51%), Vitamin B5: 0.42mg (4.2%), Calcium: 39.64mg (3.96%), Vitamin B12: 0.11µg (1.89%)