



Parmesan Toasts with Asparagus, Prosciutto, and Eggs

READY IN



30 min.

SERVINGS



2

CALORIES



554 kcal

Ingredients

- ☐ 8 asparagus spears ends trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 slices crusty bread such as ciabatta thick sliced
- ☐ 2 large eggs
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 oz pancetta thin
- ☐ 1 rosemary sprig fresh
- ☐ 0.3 teaspoon salt

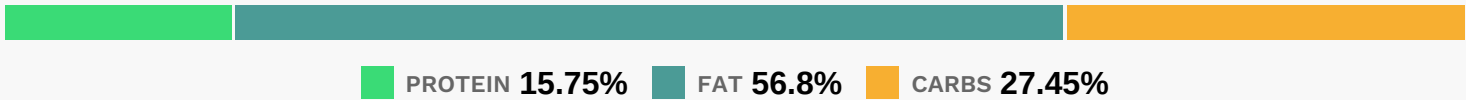
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tbsp. oil in a large frying pan over high heat.
- ☐ Add asparagus and saut until tender when pierced, about 5 minutes.
- ☐ Transfer asparagus to a plate.
- ☐ Add remaining oil and rosemary to pan. Cook rosemary until oil is hot, about 2 minutes, then discard the herb.
- ☐ Put bread slices in pan and toast in oil, turning once, about 1 minute.
- ☐ Sprinkle about 2 tbsp. parmesan onto each piece of bread and cook until cheese starts to melt and bread starts to brown slightly, about 2 minutes.
- ☐ Transfer bread to plates.
- ☐ Reduce heat to medium and in the same pan, gently fry both eggs to your liking. Top each piece of bread with 2 prosciutto slices and half the asparagus. Set an egg on top of each and sprinkle servings with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:26, Inflammation Score:-7, Nutrition Score:21.868695487147%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 554.27kcal (27.71%), Fat: 35.17g (54.11%), Saturated Fat: 9.59g (59.91%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 35.35g (12.85%), Sugar: 4.36g (4.84%), Cholesterol: 215.59mg (71.86%), Sodium: 1155.13mg

(50.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Selenium: 45.21µg (64.59%), Vitamin B1: 0.65mg (43.2%), Vitamin B2: 0.66mg (38.78%), Vitamin K: 36.27µg (34.54%), Folate: 136.84µg (34.21%), Phosphorus: 320.28mg (32.03%), Iron: 5.06mg (28.1%), Manganese: 0.5mg (25.08%), Vitamin B3: 4.91mg (24.53%), Vitamin E: 3.59mg (23.91%), Calcium: 191.57mg (19.16%), Vitamin A: 888.44IU (17.77%), Zinc: 2.54mg (16.94%), Vitamin B6: 0.3mg (14.98%), Copper: 0.28mg (13.81%), Vitamin B5: 1.36mg (13.61%), Vitamin B12: 0.76µg (12.59%), Fiber: 2.89g (11.54%), Magnesium: 44.11mg (11.03%), Potassium: 359.15mg (10.26%), Vitamin D: 1.18µg (7.84%), Vitamin C: 3.69mg (4.48%)