



WHATSheATE



Prosciutto Asparagus Spirals

READY IN



100 min.

SERVINGS



30

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 medium asparagus trimmed
- ☐ 6 tbsp alouette garlic & herbs spreadable cheese softened
- ☐ 8 slices pancetta thinly sliced
- ☐ 17.3 ounces puff pastry thawed pepperidge farm®

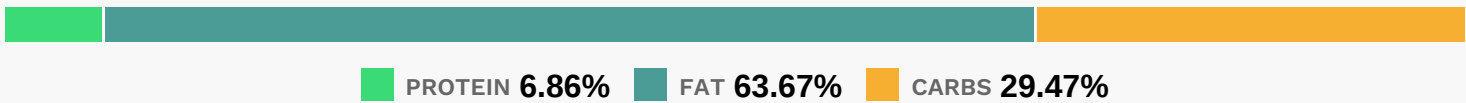
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 400°F. Unfold the pastry sheets on a lightly floured surface.
- ☐ Spread 3 tablespoons cheese on each pastry sheet. Top each with 4 slices prosciutto.
- ☐ Cut each into 15 strips crosswise, making 30 in all.
- ☐ Tightly wrap 1 pastry strip around each asparagus spear, prosciutto-side in.
- ☐ Place the pastries seam-side down onto 2 baking sheets.
- ☐ Bake for 15 minutes or until the pastries are golden brown.

Nutrition Facts



Properties

Glycemic Index:2.93, Glycemic Load:4.08, Inflammation Score:-2, Nutrition Score:2.7943478665598%

Flavonoids

Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 110.17kcal (5.51%), Fat: 7.89g (12.15%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.64g (2.78%), Sugar: 0.42g (0.47%), Cholesterol: 3.91mg (1.3%), Sodium: 67.65mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin K: 9.29µg (8.85%), Selenium: 4.75µg (6.79%), Vitamin B1: 0.09mg (6.26%), Folate: 21.07µg (5.27%), Manganese: 0.11mg (5.26%), Vitamin B3: 0.92mg (4.62%), Iron: 0.77mg (4.28%), Vitamin B2: 0.07mg (4.15%), Copper: 0.05mg (2.49%), Vitamin A: 121.91IU (2.44%), Fiber: 0.58g (2.32%), Phosphorus: 21.2mg (2.12%), Vitamin E: 0.28mg (1.86%), Potassium: 46.52mg (1.33%), Zinc: 0.2mg (1.32%), Magnesium: 5.11mg (1.28%), Vitamin B6: 0.02mg (1.18%), Vitamin C: 0.9mg (1.09%)