



Prosciutto-wrapped Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 16 asparagus spears
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 eggs peeled finely chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest fresh finely grated
- ☐ 4 slices pancetta

- ☐ 0.3 teaspoon salt plus more to taste
- ☐ 0.3 cup cup heavy whipping cream sour

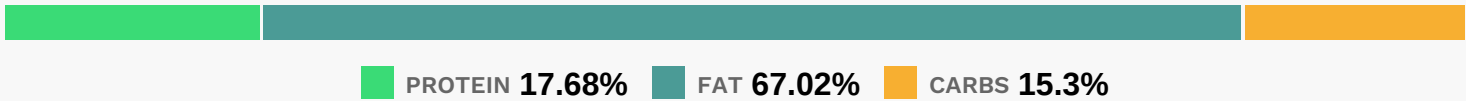
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Snap woody ends off asparagus spears. In a large frying pan, bring 3/4 cup water to boil.
- ☐ Add salt and trimmed asparagus, cover, and cook until asparagus is tender, about 4 minutes.
- ☐ Drain, dry, and let cool.
- ☐ In a small bowl, combine sour cream, chopped egg, parsley, lemon juice, mustard, lemon zest, and pepper.
- ☐ Add salt to taste.
- ☐ Lay 4 asparagus spears on each piece of prosciutto and roll up. Repeat to form 4 bundles.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:7.859565221745%

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 Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 91.86kcal (4.59%), Fat: 7.12g (10.96%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.82g (2.02%), Cholesterol: 54.68mg (18.23%), Sodium: 227.14mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin K: 43.38µg (41.32%), Vitamin A: 720.99IU (14.42%), Folate: 41.4µg (10.35%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.17mg (10.18%), Iron: 1.69mg (9.37%), Vitamin B1: 0.12mg (8.24%), Phosphorus: 79.07mg (7.91%), Vitamin C: 6.17mg (7.48%), Copper: 0.14mg (6.91%), Vitamin E: 0.94mg (6.28%), Manganese: 0.12mg (5.98%), Fiber: 1.44g (5.76%), Potassium: 188.38mg (5.38%), Vitamin B6: 0.11mg (5.35%), Vitamin B3: 0.99mg (4.95%), Vitamin B5: 0.45mg (4.47%), Zinc: 0.65mg (4.31%), Calcium: 38.9mg (3.89%), Magnesium: 13.76mg (3.44%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.25µg (1.68%)