



Prosciutto-Wrapped Asparagus with Mint Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1 lb asparagus ends trimmed thin
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons chicken broth fat-free
- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 1 garlic clove peeled smashed
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 2 slices pancetta halved thin (1 oz total)
- ☐ 0.3 teaspoon salt

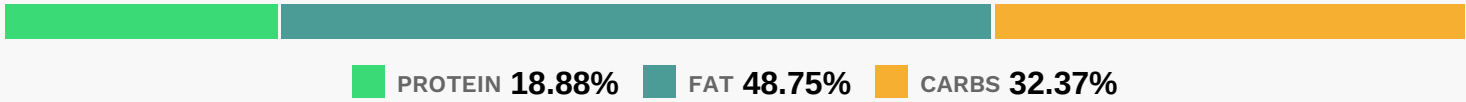
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ colander
- ☐ peeler

Directions

- ☐ Peel asparagus with a vegetable peeler starting 2 inches from tips, then cook in a large pot of boiling salted water until crisp-tender, about 5 minutes.
- ☐ Drain in a colander, then transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain and pat dry with paper towels.
- ☐ Divide asparagus among 4 plates and wrap each pile with a slice of prosciutto to form a bundle.
- ☐ Blend together mint, garlic, broth, oil, lemon juice, salt, and pepper in a blender, scraping down sides frequently, until smooth.
- ☐ Drizzle dressing over asparagus.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:10.157391327231%

Flavonoids

Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 62.82kcal (3.14%), Fat: 3.8g (5.84%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 2.81g (1.02%), Sugar: 2.18g (2.42%), Cholesterol: 2.64mg (0.88%), Sodium: 206.27mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin K: 48.49µg (46.18%), Vitamin A: 1098.2IU (21.96%), Folate: 65.74µg (16.43%), Iron: 2.77mg (15.4%), Manganese: 0.27mg (13.38%), Vitamin B1: 0.18mg (12.01%), Copper: 0.24mg (11.96%), Fiber: 2.87g (11.47%), Vitamin C: 8.86mg (10.74%), Vitamin B2: 0.18mg (10.63%), Vitamin E: 1.59mg (10.6%), Potassium: 276.38mg (7.9%), Phosphorus: 70.99mg (7.1%), Vitamin B3: 1.41mg (7.07%), Vitamin B6: 0.13mg (6.61%), Magnesium: 21.3mg (5.33%), Selenium: 3.69µg (5.27%), Zinc: 0.73mg (4.89%), Calcium: 43.2mg (4.32%), Vitamin B5: 0.37mg (3.68%)