



## Prosciutto Wrapped Asparagus with Poached Egg and Hollandaise Sauce



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 2 eggs
- ☐ 0.3 cup knorr hollandaise sauce
- ☐ 1 tablespoon olive oil
- ☐ 2 servings bell pepper to taste
- ☐ 6 slices pancetta

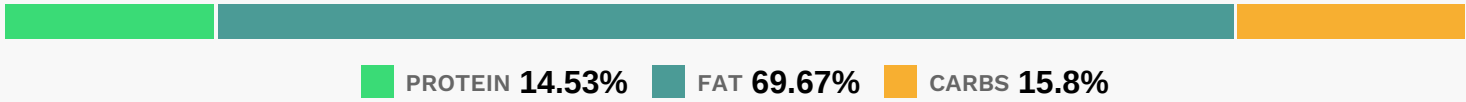
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

## Directions

- ☐ Wrap the asparagus with the prosciutto with three per bundle.
- ☐ Place the bundles on a baking sheet, drizzle with oil and season with pepper to taste.Roast in a preheated 400F oven until tender, about 10–30 minutes. (Note: Roasting time can vary greatly depending on how thick your asparagus is.)Bring a large pot of water to a boil and reduce the heat to medium.Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for another egg.
- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out.
- ☐ Serve the prosciutto wrapped asparagus bundles topped with a poached egg and hollandaise sauce.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:31.702608730482%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg

## Nutrients (% of daily need)

Calories: 400.43kcal (20.02%), Fat: 32.29g (49.67%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7.56g (8.4%), Cholesterol: 183.78mg (61.26%), Sodium: 450.67mg (19.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Vitamin C: 108.06mg (130.98%), Vitamin K: 102.34µg (97.47%), Vitamin A: 4293.65IU (85.87%), Folate: 172.88µg (43.22%), Vitamin B2: 0.6mg (35.51%), Vitamin E: 5.31mg (35.42%), Iron: 6.08mg (33.79%), Selenium: 23.62µg (33.75%), Vitamin B1:

0.45mg (29.89%), Vitamin B6: 0.56mg (28.09%), Phosphorus: 258.98mg (25.9%), Fiber: 6.33g (25.31%), Copper: 0.48mg (24.15%), Manganese: 0.46mg (22.84%), Potassium: 723.63mg (20.68%), Vitamin B3: 3.95mg (19.73%), Vitamin B5: 1.67mg (16.65%), Zinc: 2.26mg (15.08%), Magnesium: 48.85mg (12.21%), Calcium: 85.56mg (8.56%), Vitamin B12: 0.51µg (8.53%), Vitamin D: 0.98µg (6.51%)