



Prosciutto-Wrapped Asparagus with Truffle Butter

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



18

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb asparagus (18 to 20)
- ☐ 0.5 teaspoon white-truffle oil
- ☐ 2 tablespoons butter unsalted softened

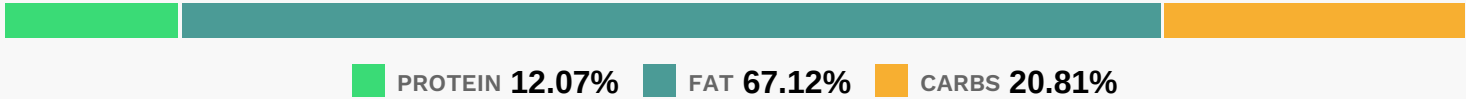
Equipment

- ☐ bowl

Directions

- ☐ Prepare a large bowl of ice and cold water. Trim asparagus to 5 inches long, then steam in a steamer over boiling water until crisp-tender, about 4 minutes.
- ☐ Transfer to cold water to stop cooking.
- ☐ Drain and pat dry. Season with salt.
- ☐ Stir oil into butter until incorporated.
- ☐ Cut prosciutto slices into roughly 3- by 3-inch pieces, then thinly coat with truffle butter and place an asparagus stalk at one edge.
- ☐ Roll up, leaving tip and end visible. Repeat with remaining asparagus and prosciutto.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.9756521637673%

Flavonoids

Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 17.18kcal (0.86%), Fat: 1.4g (2.16%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.47g (0.53%), Cholesterol: 3.34mg (1.11%), Sodium: 0.68mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin K: 10.66µg (10.15%), Vitamin A: 229.38IU (4.59%), Folate: 13.15µg (3.29%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg (2.41%), Copper: 0.05mg (2.39%), Vitamin E: 0.34mg (2.25%), Vitamin B2: 0.04mg (2.12%), Fiber: 0.53g (2.12%), Manganese: 0.04mg (1.99%), Vitamin C: 1.41mg (1.71%), Potassium: 51.28mg (1.47%), Phosphorus: 13.48mg (1.35%), Vitamin B3: 0.25mg (1.24%), Vitamin B6: 0.02mg (1.15%)