



## Roasted Asparagus with Prosciutto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



36 kcal

SIDE DISH

### Ingredients

- 1 pound asparagus spears
- 0.1 teaspoon pepper black freshly ground
- 0.1 teaspoon pepper red crushed
- 1 garlic clove minced
- 0.5 teaspoon lemon rind fresh grated
- 1 ounce pancetta coarsely chopped
- 0.1 teaspoon salt

### Equipment

frying pan

oven

## Directions

Preheat oven to 50

Snap off tough ends of asparagus.

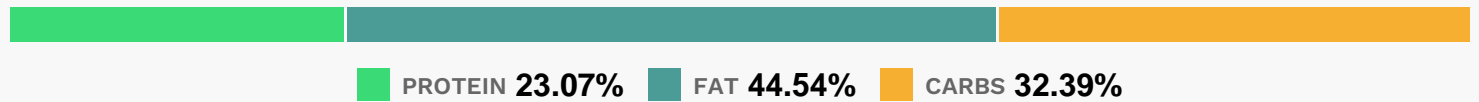
Place asparagus on a jelly-roll pan coated with cooking spray.

Sprinkle with lemon rind and next 4 ingredients; coat asparagus generously with cooking spray, and toss well to coat.

Sprinkle with prosciutto.

Bake at 500 for 8 to 10 minutes or until asparagus is crisp-tender.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:6.1378260902736%

## Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

## Nutrients (% of daily need)

Calories: 35.87kcal (1.79%), Fat: 1.98g (3.04%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.44g (1.6%), Cholesterol: 3.12mg (1.04%), Sodium: 82.03mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin K: 31.57µg (30.07%), Vitamin A: 585.98IU (11.72%), Folate: 39.37µg (9.84%), Iron: 1.66mg (9.21%), Vitamin B1: 0.12mg (8.16%), Copper: 0.15mg (7.38%), Manganese: 0.13mg (6.72%), Vitamin B2: 0.11mg (6.56%), Fiber: 1.64g (6.56%), Vitamin E: 0.89mg (5.94%), Vitamin C: 4.6mg (5.58%), Potassium: 165.71mg (4.73%), Phosphorus: 47.09mg (4.71%), Vitamin B3: 0.94mg (4.69%), Vitamin B6: 0.09mg (4.44%), Selenium: 2.77µg (3.96%), Zinc: 0.47mg (3.15%), Magnesium: 11.44mg (2.86%), Vitamin B5: 0.24mg (2.38%), Calcium: 19.86mg (1.99%)