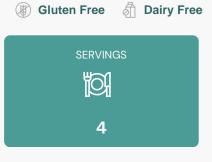


Roasted Asparagus with Prosciutto & Poached Egg







SIDE DISH

Ingredients

	1 bunch asparagus fresh trimmed
	4 eggs
	1 pinch ground pepper black
	0.5 lemon zest juiced
П	1 tablespoon olive oil

2 ounces pancetta minced

1 pinch salt

Ш	I teaspoon distilled vinegar white	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	baking pan	
	kitchen towels	
	slotted spoon	
Di	rections	
	Preheat oven to 425 degrees F (220 degrees C).	
	Place asparagus in a baking dish and drizzle with 1 tablespoon extra-virgin olive oil.	
	Heat 1 tablespoon olive oil in a skillet over medium-low heat.	
	Add prosciutto; cook, stirring, until golden and rendered, 3 to 4 minutes.	
	Sprinkle prosciutto and oil over asparagus. Season with black pepper and toss to coat. Roast in the preheated oven for 10 minutes. Toss and return to oven until firm yet tender to the bite, 5 minutes.	
	Fill a large saucepan with 2 to 3 inches of water and bring to a boil over high heat. Reduce heat to medium-low, pour in vinegar and pinch of salt. Crack an egg into a bowl then gently slip the egg into the water. Repeat with remaining eggs. Poach eggs until whites are firm and yolks have thickened but are not hard, 4 to 6 minutes.	
	Remove eggs from water with a slotted spoon, dab on a kitchen towel to remove excess water, then transfer to a warm plate.	
	Drizzle asparagus with lemon juice.	
	Transfer asparagus to plates, top with poached egg and pinch of lemon zest. Season with black pepper and serve.	

Nutrition Facts

Properties

Glycemic Index:28.5, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:13.740000061367%

Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 176.11kcal (8.81%), Fat: 13.45g (20.69%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 2.55g (0.93%), Sugar: 2.31g (2.57%), Cholesterol: 173.04mg (57.68%), Sodium: 168.4mg (7.32%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.82g (19.64%), Vitamin K: 49.08µg (46.74%), Selenium: 18.96µg (27.08%), Vitamin A: 1093.86IU (21.88%), Vitamin B2: 0.37mg (21.87%), Folate: 79.28µg (19.82%), Iron: 3.26mg (18.13%), Phosphorus: 166.21mg (16.62%), Vitamin E: 2.3mg (15.34%), Vitamin B1: 0.22mg (14.54%), Copper: 0.25mg (12.57%), Vitamin B6: 0.22mg (10.81%), Vitamin B5: 1.06mg (10.64%), Fiber: 2.45g (9.79%), Manganese: 0.2mg (9.78%), Potassium: 317.63mg (9.08%), Zinc: 1.34mg (8.96%), Vitamin C: 7.27mg (8.81%), Vitamin B3: 1.71mg (8.53%), Vitamin B12: 0.46µg (7.71%), Vitamin D: 0.94µg (6.24%), Magnesium: 22.9mg (5.72%), Calcium: 53.58mg (5.36%)