



Roasted Asparagus with Prosciutto & Poached Egg

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus fresh trimmed
- ☐ 4 eggs
- ☐ 1 pinch ground pepper black
- ☐ 0.5 lemon zest juiced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces pancetta minced
- ☐ 1 pinch salt

- ☐ 1 teaspoon distilled vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ 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



 PROTEIN **21.79%**  FAT **67.12%**  CARBS **11.09%**

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, 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 %: 0% (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%)