



Spring Asparagus Ham and Egg Sandwich

READY IN



15 min.

SERVINGS



2

CALORIES



664 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

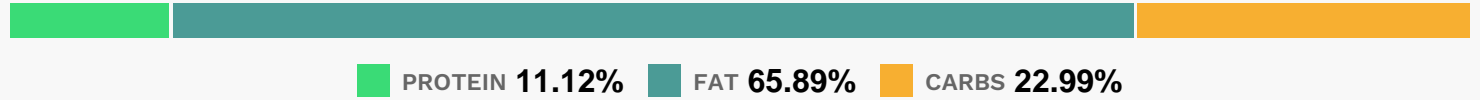
- 6 asparagus spears
- 4 slices avocado
- 2 servings bell pepper black to taste
- 2 slices roman meal bread toasted
- 2 large eggs soft
- 1 ounce prosciutto ham very thinly sliced
- 2 teaspoons parmesan cheese shaved

Equipment

Directions

- Wrap sliced ham around asparagus spears.
- Top each slice of toasted bread with 3 ham wrapped asparagus spears, 1 egg and 2 slices avocado.
- Sprinkle with cheese and black pepper.

Nutrition Facts



Properties

Glycemic Index:94.83, Glycemic Load:9.58, Inflammation Score:-9, Nutrition Score:38.199130659518%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 663.64kcal (33.18%), Fat: 51.64g (79.45%), Saturated Fat: 9.01g (56.33%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 18.81g (6.84%), Sugar: 4.63g (5.14%), Cholesterol: 195.47mg (65.16%), Sodium: 409.13mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.23%), Fiber: 21.72g (86.87%), Vitamin K: 82.99µg (79.04%), Folate: 309.29µg (77.32%), Vitamin B5: 5.25mg (52.54%), Vitamin B6: 0.97mg (48.26%), Vitamin E: 7.22mg (48.13%), Potassium: 1664.43mg (47.56%), Vitamin B2: 0.78mg (45.95%), Manganese: 0.85mg (42.66%), Selenium: 29.13µg (41.62%), Vitamin B3: 7.79mg (38.95%), Vitamin C: 31.94mg (38.72%), Copper: 0.74mg (36.82%), Phosphorus: 349.35mg (34.94%), Vitamin B1: 0.49mg (32.34%), Magnesium: 112.18mg (28.05%), Iron: 4.66mg (25.87%), Zinc: 3.42mg (22.81%), Vitamin A: 1068.12IU (21.36%), Calcium: 122.84mg (12.28%), Vitamin B12: 0.55µg (9.13%), Vitamin D: 1.1µg (7.36%)