




 **10%**
HEALTH SCORE

Wacky Mac®, Asparagus and Prosciutto Salad


 **Gluten Free**

READY IN




10 min.

SERVINGS



3

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus steamed cut into bite-size pieces thin
- 4 teaspoons chicken broth
- 0.3 cup gouda cheese grated
- 1 tablespoon olive oil
- 0.1 teaspoon oregano dried crushed
- 0.3 teaspoon pepper
- 2 ounces pancetta cut into bite-size pieces
- 1 tablespoon citrus champagne vinegar

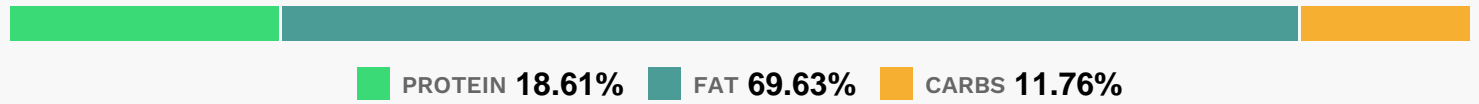
Equipment

bowl

Directions

- Combine the Wacky Mac, asparagus and prosciutto in a large salad bowl. Stir together oil, oregano, pepper, chicken broth and vinegar in a cup.
- Pour over the Wacky Mac combination. Toss gently but well.
- Sprinkle on cheese.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:15.369130430014%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 222.48kcal (11.12%), Fat: 17.77g (27.35%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 3.5g (1.27%), Sugar: 3.31g (3.68%), Cholesterol: 35.08mg (11.69%), Sodium: 314.89mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin K: 66.95µg (63.76%), Vitamin A: 1263.51IU (25.27%), Phosphorus: 214.54mg (21.45%), Folate: 82.99µg (20.75%), Iron: 3.46mg (19.23%), Vitamin B1: 0.28mg (18.4%), Calcium: 177.92mg (17.79%), Vitamin B2: 0.3mg (17.59%), Vitamin E: 2.53mg (16.86%), Copper: 0.31mg (15.25%), Selenium: 10.17µg (14.53%), Manganese: 0.27mg (13.7%), Fiber: 3.25g (13.01%), Zinc: 1.82mg (12.13%), Vitamin B3: 2.27mg (11.36%), Potassium: 373.16mg (10.66%), Vitamin C: 8.49mg (10.3%), Vitamin B6: 0.2mg (10.25%), Magnesium: 29.93mg (7.48%), Vitamin B12: 0.4µg (6.66%), Vitamin B5: 0.59mg (5.9%), Vitamin D: 0.17µg (1.16%)