



Warm Asparagus Toast with Pancetta and Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

Ingredients

- ☐ 1 pound asparagus thick ends trimmed
- ☐ 3 tablespoons butter divided melted
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 ounces pancetta italian sliced (bacon)
- ☐ 1 tablespoon sherry vinegar

Equipment

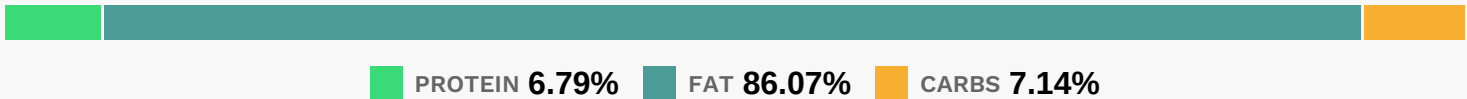
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°F.
- ☐ Whisk vinegar and mustard in small bowl. Gradually whisk in oil and 1 tablespoon melted butter. Season vinaigrette with salt and pepper.
- ☐ Place pancetta on rimmed baking sheet.
- ☐ Bake until crisp, about 7 minutes.
- ☐ Meanwhile, cook asparagus spears in large skillet of boiling salted water until tender, about 5 minutes.
- ☐ Drain asparagus; pat dry.
- ☐ Transfer warm asparagus to large bowl; add vinaigrette and toss to coat. Season to taste with salt and pepper. Toast bread slices and brush with remaining 2 tablespoons melted butter.
- ☐ Arrange 2 toasts on each of 4 plates. Divide pancetta, then asparagus among toasts.
- ☐ Drizzle any remaining vinaigrette over and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:10.603478219198%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 250.99kcal (12.55%), Fat: 24.8g (38.15%), Saturated Fat: 8.78g (54.86%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 2.22g (0.81%), Sugar: 2.15g (2.39%), Cholesterol: 31.93mg (10.64%), Sodium: 171mg (7.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin K: 54.24µg (51.66%), Vitamin A: 1125.37IU (22.51%), Vitamin E: 3.1mg (20.67%), Folate: 59.33µg (14.83%), Iron: 2.57mg (14.29%), Vitamin B1: 0.2mg (13.53%), Copper: 0.22mg (11.06%), Vitamin B2: 0.18mg (10.32%), Fiber: 2.41g (9.63%), Manganese: 0.19mg (9.25%), Vitamin B3: 1.69mg (8.44%), Phosphorus: 82.87mg (8.29%), Selenium: 5.77µg (8.25%), Vitamin C: 6.37mg (7.72%), Potassium: 262.16mg (7.49%), Vitamin B6: 0.14mg (7.08%), Zinc: 0.79mg (5.29%), Magnesium: 18.24mg (4.56%), Vitamin B5: 0.4mg (4.03%), Calcium: 31.17mg (3.12%), Vitamin B12: 0.09µg (1.48%)