



Warm Asparagus Toast with Pancetta and Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

Ingredients

- ☐ 1 pound asparagus thick ends trimmed
- ☐ 3 tablespoons butter divided melted
- ☐ 4.5 inch egg bread loaf – crusts halved lengthwise
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 ounces pancetta italian sliced (bacon)
- ☐ 1 tablespoon sherry vinegar

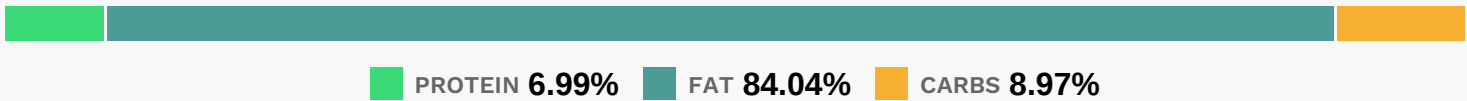
Equipment

- ☐ 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:10.923478206863%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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: 259.19kcal (12.96%), Fat: 24.97g (38.42%), Saturated Fat: 8.82g (55.14%), Carbohydrates: 6g (2%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.2g (2.44%), Cholesterol: 33.39mg (11.13%), Sodium: 181.86mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin K: 54.26µg (51.68%), Vitamin A: 1131.4IU (22.63%), Vitamin E: 3.11mg (20.72%), Folate: 62.33µg (15.58%), Iron: 2.66mg (14.77%), Vitamin B1: 0.22mg (14.37%), Copper: 0.23mg (11.29%), Vitamin B2: 0.19mg (11.05%), Manganese: 0.2mg (9.97%), Fiber: 2.47g (9.9%), Selenium: 6.63µg (9.48%), Vitamin B3: 1.83mg (9.13%), Phosphorus: 85.9mg (8.59%), Vitamin C: 6.37mg (7.72%), Potassium: 265.44mg (7.58%), Vitamin B6: 0.14mg (7.17%), Zinc: 0.82mg (5.45%), Magnesium: 18.78mg (4.69%), Vitamin B5: 0.41mg (4.11%), Calcium: 33.83mg (3.38%), Vitamin B12: 0.09µg (1.53%)