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Asparagus Bundles ^{♦♦}

Asparagus bundles are a delicious and healthy vegetarian dish. They are made by wrapping asparagus spears in prosciutto and baking them until crispy. The bundles can be served as an appetizer or a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

400 g	asparagus spears
8 slices	prosciutto slices
2 tbsp	Olive oil
1 teaspoon	Salt

1 Black pepper
teaspoon

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash the asparagus spears and trim off the tough ends.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Divide the asparagus into 8 equal bundles.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Wrapping

Wrap each bundle with a slice of prosciutto, starting from the bottom and working your way up.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Place the bundles on a baking sheet and drizzle with olive oil. Season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 15-20 minutes, or until the asparagus is tender and the prosciutto is crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Serving

Serve hot as an appetizer or a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 7 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	40 iu	4.44%	5.71%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

French

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Brunch

Dinner

Snack

Difficulty Level

Medium

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